

Jenny Jared, E-RYT 500, has been teaching yoga for over 10 years. She completed her 200 hour at the Sivananda Ashram in Colorado, and her 500 Hour Certification in Prana Flow with her beloved teacher Shiva Rea. She is also deeply passionate about Prenatal Yoga and Mommy & Me Yoga. Teaching vinyasa yoga and directing Teacher Trainings has been a great love of Jenny's life, and she is deeply grateful to have her partner and husband Matt and her first Guru, her mommy Doreen, with her on this new journey.

Jenny has been a part of many incredible Yoga studios, from NYC (New York Yoga, House of Jai, The Prenatal Yoga Center) to her home town on Long Island (Om Sweet Om). She has also been honored to be a Director of Yoga Alliance 200 Hour Teacher Trainings at both NY Yoga and Om Sweet Om. As she loved every moment of sharing Yoga with her student friends, Jenny began to feel a calling to make a greater impact. It is now a mission of hers to see her beloved community open its arms and include everyone, and she believes she will see a day when the practices of yoga that have been so transformative in her life belong to everyone.

Jenny has redirected her energy and now serves in the communities that could not join her in the studio, and it is an amazing journey of service and love.

100 Word Version

Jenny Jared, E-RYT 500, has been teaching yoga for over 10 years after completing her 500 Hour Certification in Prana Flow with her beloved teacher Shiva Rea. Jenny is deeply passionate about Vinyasa Yoga and Prenatal Yoga, has been a Director of Yoga Alliance 200 Hour Teacher Trainings and has been a part of many Yoga studios including New York Yoga, House of Jai, Prenatal Yoga Center and Om Sweet Om. In 2014, Jenny redirected her energy to serve the communities that could not join her in the studio; it is an amazing journey of service and love.