

JESSICA KUBIK STEPHENS

Owner: Violet Crown Yoga | Phone: 512.966.4272 | Email: jessica@violetcrown yoga.com

INTENTION

My intention is to work as a yoga teacher and to help students discover the love, light, truth and peace within each of us. Yoga helped me find myself, and it made life easier and more enjoyable; it is meaningful for me to share that joy with others.

EXPERIENCE

I have over 150 teaching hours, and my training is in Hatha Yoga with a foundation in Viniyoga, as that was the style in which my teacher was trained. My personal practice includes many different styles, including Vinyasa, Kundalini, Yoga Nidra, Restorative Yoga, Anusara, Scaravelli, and Bhakti Yoga, and I incorporate different elements from those disciplines into each of my classes. I trained with Mehtab Benton, renowned gong expert, and I learned to incorporate the healing powers of the gong into my classes. I am a certified 200 hour yoga teacher, registered with the Yoga Alliance, and I am currently working toward my 500 hour certification. I have over 150 hours in teaching private and group classes. I am also CPR and First Aid Certified.

STRENGTHS

I guide students to recognize the place of peace within each of us, and I help them feel grounded and safe. I work with students of varying levels, including the blind. I lead my classes with an earthy, grounded demeanor, and years of voice lessons help me to maintain a soothing voice to guide my students throughout their practice.

EDUCATION

- **Pursuing 500 Hour Yoga Certification**, Yoga Yoga Current
- **200 Hour Registered Yoga Teacher**, Yoga Yoga August 2010
- **MS in Information Studies**, University of Texas August 2006
- **BA**, Southwestern University – Georgetown, Texas December 2000

TEACHING POSITIONS

- **Teacher**, Yoga Black Lagoon – Austin March 2013 – Present
- **Teacher**, Sanctuary Yoga – Austin January 2013 – Present
- **Owner/Teacher**, Violet Crown Yoga – Austin December 2010 – Present
- **Teacher**, Steiner Ranch Yoga – Austin January 2011 – June 2011
- **Teacher Training Intern**, Yoga Yoga – Austin February 2011

ADVANCED TRAINING

- Avatara Yoga Series with Kewal Haussman April 2013
- How to Play the Gong: A Weekend Training with Mehtab Benton April 2012
- Asana and Movement with Mark Uridel November 2011
- Weekend Clinics with Richard Miller: November 2010
 - *Meeting Buddha, Being Buddha: Buddha was a Yogi*
 - *Living Your Nondual Presence with Source Yoga*

OTHER

- Member of Yoga Alliance
- Liability insurance through Philadelphia Insurance

REFERENCES

- Available upon request