

**Jess Frey**  
**Teacher Trainings, Continued Education Credits,**  
**Retreats and Conferences**

**Certifications/Teacher Trainings**

1,000-Hour Kripalu Yoga Teacher	Jan 2017
500-Hour Kripalu Ayurveda Yoga Teacher Ayurveda Foundations 200-hours Integrating Ayurveda into Yoga Teacher 300-hour	Dec 2015
500-Hour Kripalu Yoga Teacher Module 1 Teaching Advanced Asana Module 2 Pranayama and Meditation Module 3 Tools for Transformational Teaching Module 4 Instructing Yoga for Special Populations	May 2015
Ayurvedic Bodywork Certification Hilary Garivaltis	May 2015
200-Hour Kripalu Yoga Teacher Devarshi Steven Hartman and Megha Nancy Bittenheim	June 2010
40 Hours of Trauma Informed Yoga David Emerson and Jennifer Turner	4/2016

**Kripalu Center for Yoga & Health- Lenox, MA**

Womens Ritual Tamara Ja	10/2020
Womens Medicine Tamara Ja	9/2020
Womens Healing Tamara Ja	9/2020
Working with Plant Medicine in times of Crisis Tamara Ja	8/2020
Skill in Action: Yoga-Social Justice-Anti-Racism Michelle C. Johnson	7/2020
Human Embodiment & Disease Tamara Ja	5/2020
Chinese Cosmology, Embodiment, & Integration	3/2020

Tamara Ja	
Buddhist View for Integrating Spirituality, Livelihood, and Creativity David Nichtern	1/2020
Meditation Retreat: Equanimity, Wisdom, and Joy Larissa Hall Carlson	1/2020
Yoga Tune Up- Functional Shoulder Immersion Dinneen Viggiano	9/2019
Exploring the Healing Sound of Crystal Singing Bowls Ashana	9/2019
Radical Dharma: Encounter Race Where it Lives in your Life Rev. Angel Kyodo Williams	9/2019
Body and Breath: Yoga Tune Up Integrated Core Jill Miller	8/2019
Past Life Regression Hypnosis Mira Kelley	7/2019
Struggle Less and Savor more of Life Lessons Aruni Nan Futuronsky	6/2019
Integrative Hypnosis: Rapid Techniques to Rewire the Brain Melissa Tiers	6/2019
Love Heals Everything Matt Kahn	4/2019
Kripalu Approach to Life Coaching & Mindful Living Aruni Nan Futuronsky & Izzy Lenihan	3/2019
Trauma Body and the Brain: The Body Keeps Score Bessel Van Der Kolk	1/2019
Restoring the Body from Trauma with Rhythm and Play licia Skye	1/2019
Transformational Teaching: A Positive Psychology Approach Maria Siros	11/2018
Lets Talk about Death over Dinner	10/2018

Michael Hebb and Angel Grant	
The Art of Yin Yoga: Paulie Zink	8/2018
Motivational Interviewing: Behavior Change Counseling Dana Sturtevant	6/2018
Qigong for Rejuvenation Daisy Lee	6/2018
Becoming Who I Am Anglea Farmer	11/2017
The Yoga of Addiction and Recovery Aruni Nan Futuronsky	11/2017
The Embodied Practitioner Be Nourished	11/2017
The Art and Science of Yogic Meditation Richard Miller	8/2017
Start Meditating Now Shobhan Richard Faulds and Danna Faulds	8/2017
Yin Yang Yoga: Stillness Enegy Alchemy Paulie Zink	7/2017
Shadow Yoga Matt Pesendian	6/2017
Movement in Stillness, Stillness in Movement Angela Farmer	12/2016
Ayurveda Bodywork: Abhyangha Hilary Garivalentis	10/2016
Yin Yoga: Stillness, Alchemy, Power Paulie Zink	6/2016
The bridge merging qi gong and yoga Kevin Courtney and Thomas Drodge	4/2016
Trauma Informed Yoga David Emerson and Jennifer Turner	2/2016
Shadow Yoga Immersion Matt Pesendian	3/2016
Ayurvedic Bodywork- Vishesh	1/2016

Hilary Garivaltis	
Hunger Hope and Healing Sarahjoy Marsh	2/2016
The Creative Path of Shakti: A Women's Retreat Angela Famer	11/2015
Still Small Voice Within Meditation Sudhir Jonathan Foust	8/2015
Yin Yang The Alchemy of Flow Paulie Zink	6/2015
Slow Flow Yoga and Qigong Ken Nelson and Leslie Lang	5/2015
Love Sex Intimacy	1/2015
Stress Busting Secrets: Yoga and Wellness Sudha Carolyn Lundeen	1/2015
Lotus Palm Thai Massage Suka Wong	12/14
Restorative Teacher Training Level 2 Sudha Carolyn Lundeen	12/14
Buddhist Healing Heart Essence Lama Migmar	11/14
Ayurveda Bodywork Training: Swedna/Udvaartana Hilary Garivaltis	10/14
Still Small Voice: Meditation Sudhir Jonathan Foust	10/14
Ayurveda Bodywork Training: Marma Hilary Garivaltis	9/14
Ignighting the Fire of Yoga: Transformation  Yoganand Michael Carroll	8/14
Introduction to Yoga and Ayurveda Larissa Hall Carlson	8/14
Restorative Yoga for Body and Mind Sudha Carolyn Lundeen	7/14

ReBoot Randal Williams	6/14
Yin Yang The Alchemy of Flow Paulie Zink	6/2014
Ayurveda Bodywork Training: Garshana and Abyhangha Hilary Garivaltis	3/14
Igniting the Fire of Yoga Yoganand Michael Carroll	8/2013
Pranayama: Physiology	8/2013
Essential Balance: Embody the Feminine	8/2013
Trauma and Tension Releasing Exercises	6/2013
Yin Yang The Alchemy of Flow Paulie Zink	6/2013
Ayurvedia Bodywork: Shirodhara, Vishesh Hilary Garivaltis	5/2013
Bhakti: The Yoga of Love	5/2013
Buddha and the Body: Meditation Jonathan Sudhir Foust	5/2013
Restorative Yoga Teacher Training Level 1 Sudha Carolyn Lundeen	2/2013
Path of Practice: Power of Healing and Love	10/2012
Access Healing Potential: Pranassage Don and Amba Staplton	10/2012
Self Awakening Yoga Don and Amba Staplton	10/2012
Connective Tissue: Web of Chi	9/2012
The Universe inside the Body of the Yogi Yoganand Michael Carroll	9/2012
Internal Family Systems Therapy Richard Schwartz	8/2012

Buddhist Healing Retreat Lama Migmar Tseten	8/2012
Buddha and the Body Sudhir Jonathan Foust	5/2012
Transform your Life with Yoga	5/2012
Sacred Sexuality: Intro to Tantra	3/2012
Taming the Mind: Into to Buddhism	2/2012
Relaxing into the Heart of Winter Jillian Pransky	1/2012
Swami Kripalu Approach to Asana Yoganand Michael Carroll	1/2012
Immunity Boosting Yoga Larissa Hall Carlson	12/2011
Shadow Yoga and Demon Feeding Scot Blossom and Chandra Easton	12/2011
Wild Feminine	11/2011
Finding Your Personal Yoga Practice	10/2011
IAYT Symposium and Conference	10/2011
Yoga in the Schools Teacher Training	9/2011
Neuroscience, Mindfulness, and Yoga	9/2011
The Art of Mindfulness	8/2011
Bhakti Vinyasa	7/2011
Already Home Aruni Nan Futuronsky	7/2011
Yin and Yang Yoga Sarah Powers	7/2011
Yoga Basics for Beginners Cristie Newhart	7/2011
Creating Transformational Workshops Ken Nelson	6/2011

Radiant Health: A Retreat for Women Sudha Carolyn Lundeen	4/2011
The Wisdom of you body: Gentle Yoga and Mindful Eating Liz Own and Rvka Simmons	1/2011
Kripalu 200 Hour Yoga Teacher Training Assistant Jovinna Chan and Devarshi	11/2010-12/2010
Deep Stretching for Tight Bodies- Yin Yoga  Mimi Salore	8/2010
Nourishing the teacher Danny Arguenty	10/2010
Yoga Retreat: Deepening your yoga practice Don & Amba Stapleton	10/2010
Women, Food, God Geneen Roth	9/2010
Insight Yoga Teacher Training (yin, yang, mindfulness) Sarah Powers	8/2010
Anatomic Yoga: Anatomy and Physiology of Yoga	7/2010
Devine Feminine: The Invitation	6/2010
Advance Your Assisting Skills Priti Robin Ross	4/2010
Mindsight: The New Science Dan Siegel	4/2010
Buddha and the Body: Meditation and Breathwork Sudhir Jonathan Foust	4/2010
Anusara Yoga Weekend  Todd Norian	2/2010
Meditating with the Body	2/2010
Ayurveda and Weight loss John Doullard	12/2009
Restorative Yoga for Body and Mind	11/2009

Sudah Carolyn Lundeen	
Trauma Sensitive Yoga Instruction	11/2009
The Practice of Loving Kindness Sharon Salzberg	10/2009
Hands On, Hands Off in Yoga Assisting	10/2009
Yoga Ed Teacher Training	10/2009
Healing the Cause of Anxiety and Depression John Douillard	10/2009
Open the Heart, revitalizing the Spine	9/2009
This Very Moment, Mindfulness in Psychotherapy Ronald D. Siegel	8/2009
Digestive Health: A Holistic Approach Kathy Madonna Swift	7/2009
Journey Dance Teacher Training Intensive Toni Bergins	6/2009
Buddhism and The Twelve Steps Kevin Griffin	6/2009
What Are You Hungry For: Yoga, Food, Psychology Sarah Joy Marsh	5/2009
Inner Quest Intensive Aruni Nan Futuronsky	3/2009
Absolute Joy Through Kundalini Yoga Snatam Kaur	3/2009
Radical Acceptance: Buddhist Practices Tara Brach	3/2009
Yoga For the Nervous System Bo Forbes	11/08
Calming Your Inner Critic Jane Shure	10/08
<b><u>Agama Yoga University- Koh Phangan, Thailand</u></b>	
Month long Intensive Levels 1	11/13-1/14



Swami Vivekananda Saraswati	
Month long Intensive Levels 2 Swami Vivekananda Saraswati	1/14-2/14
Tantra Fundamentals 6-Day Retreat Swami Vivekananda Saraswati	12/2013
New Years 12-Day Meditation Retreat Swami Vivekananda Saraswati	12/13-1/14
Tantra Level One: 6-Day Retreat Swami Vivekananda Saraswati	1/2014
Tibetan Yoga: 6-Day Retreat Swami Vivekananda Saraswati	2/1014
Crown Chakra: 6-Day Retreat Swami Vivekananda Saraswati	3/2014

**Insight Meditation Center- Barre MA**

Embodying Heart of Wisdom 10-Day Meditation Retreat	12/15-1/2016
Embodying Heat of Wisdom 10-Day Meditation Retreat	12/2014-12/2015
Embodying Heart of Wisdom 10-Day Meditation Retreat	12/2012-1/2013
Art of Mindful Living 6-Day Meditation Retreat	3/2012
Mindfulness for Scientists and Educators 8-Day Retreat	1/2010

**Lesley University- Cambridge, MA**

Mindfulness as a Foundation for Teaching and Learning Mindfulness in Education Network	3/2010
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**Wellesley University- Wellesley, MA**

New Developments in Relational Mindfulness: Compassionate Relationships and The Brain	3/2010
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**Insight Meditation Center of DC**

Intimacy with Life 7 day meditation/mindfulness retreat Tara Brach and Jonathan Sudhir Foust	
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April & November 2015

April, November, & December 2016

April, October, & December 2017

April, November, & December 2018

April, November, & December 2019