

Curriculum Vitae “Course of Life” for Jaylene Pfeifer

1996	Bachelor of Human Kinetics specializing in Exercise Science from the University of British Columbia
1996-present	Member of the BACK (British Columbia Association of Kinesiologists) https://bcak.bc.ca/
2006-2008	500 hour Yoga Teacher Training program with Carla Wainwright https://carlawainwright.com/ through SOYA (South Okanagan Yoga Academy) https://www.soyayoga.com/
2008-2010	Yoga Therapy training with Susi Hately https://www.functionalsynergy.com/
2010-2011	500 hour Yoga Teacher Training program with Modo hot yoga (formerly called Moksha) https://modoyoga.com/
2010	attended Vancouver Yoga Journal gathering; trained with Seane Corne https://seanecorn.com/ and Michael Stone https://michaelstoneteaching.com/
2011	Back Mechanic training with Stuart McGill https://www.backfitpro.com/
2013	week long training with Donna Farhi https://donnafarhi.co.nz/
2014	Psoas training with Liz Koch https://coreawareness.com/
2014	training with Erich Shciffman https://erichschiffmann.com/
2014	Level 1 iRest training with Richard Miller https://www.irest.org/
2016	Level 2 iRest training with Anne Douglas http://www.anahatayogatherapy.ca/
2016-2018	Completed the iRest Level 3 training to become a Certified iRest Teacher https://www.irest.org/
2021	BodySensing Source Yoga training with iRest Institute teachers https://www.irest.org/