

**Janet Hennard**  
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### **My Mantra**

I have a passion for the healing power of yoga!

### **Training and Credentials**

- RYT200 from Sunstone Yoga, Dallas, 2007
- RYT500 in Yoga Therapy from Atha Yoga, Dallas, 2010
- Yin Yoga Teacher Training by Bernie Clark, a 50-hr intensive, Vancouver, BC, 2013
- Yoga Anatomy by Leslie Kaminoff, an 18-hr training course, Austin, TX, 2016
- C-IAYT, certified yoga therapist, International Association of Yoga Therapists, 2017

### **Other Education**

B.S., Psychology, University of Memphis 1972  
M.A., Mathematics, University of Texas at Dallas 1978

### **Workshops and Presentations**

- **“Yoga for Fibromyalgia,”** Richardson, TX, February-March, 2010
  - Developed and led an 8-week workshop for persons with fibromyalgia
  - Included before/after assessments on the Fibromyalgia Impact Questionnaire
  - Using the workshop as a pilot study, I published the results in the [International Journal of Yoga Therapy](#) in 2011. The results showed significant improvement in several symptoms of fibromyalgia after yoga and meditation classes.
- **“Yoga Tools for Chronic Pain,”** Yoga Island, Carrollton, TX, March 2011. Developed and led a 2.5-hour workshop as part of Yoga Island’s teacher training.
- **“Yoga Day of Health and Healing,”** an all day retreat, Richardson, TX, April 2011
  - Recruited five RYT500 yoga teachers/therapists to present and teach with me, including a nutritionist, physical therapist, a Yin Yoga expert, and others with special expertise
  - 25 students in attendance from 3 states
- **“Yoga Therapy for Mood Disorders in Fibromyalgia,”** Pacific Grove, CA, August 2011. Presented at the Symposium on Yoga Therapy and Research at the annual conference of the International Association of Yoga Therapists.
- **“Yoga Tools for Chronic Pain,”** a 3 hr workshop, Richardson, TX, April 2012
  - An interactive yoga therapy workshop for people with various types of chronic pain
  - Drawn from teachings in [Yoga for Pain Relief](#) by Kelly McGonigal, PhD; [The Mind & The Brain: Neuroplasticity and the Power of Mental Force](#) by Jeffrey Schwartz, M.D.; [Mindfulness Meditation for Pain Relief](#) by Jon Kabat-Zinn
- **“Yoga for a Healthy Back,”** an 8-week series in Garland and Richardson, TX, January-March, 2015, based on teachings by Gary Kraftsow.

## **Publications**

- “A Protocol and Pilot Study for Managing Fibromyalgia with Yoga and Meditation,” International Journal of Yoga Therapy, 2011. (sole author)
- “Rise ‘n Shine -- with Yoga!”, Caregivers Magazine, March/April 2011 (co-authored with Kathy Glenn, RYT500 and Jayne Shale, RYT500)

## **Yoga Classroom Teaching Experience**

Since 2006, I have taught these classes in the Dallas/Richardson/Garland/Wylie area:

- Gentle Yoga
- Flow Yoga
- Beginning Yoga
- Yoga for Fibromyalgia
- Yoga for Chronic Pain
- Healing Yoga
- Yin Yoga
- Restorative Yoga
- Chair Yoga
- Kids’ Yoga

## **Private Sessions**

I lead private yoga classes for special needs including those with osteoporosis, joint restrictions, anxiety, depression, fibromyalgia, epilepsy, MS, and for pre-surgery well-being.

## **Previous Experience**

I began my career teaching math in public schools and in the Dallas County Community Colleges, then had a long career in computer programming, strategic market analysis, and competitive analysis in the high-tech industry before starting my own business of seven years, Strategic Marketing Services. Finally and thankfully, I gave it all up to teach yoga!