

Janet Hennard
Yoga Instructor/Yoga Therapist
MA, E-RYT200, RYT500, C-IAYT
2916 W. Washington St, Sherman, TX 75092
jhennard@brightpathyoga.com
www.brightpathyoga.com
972-768-4985

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
- Restorative Breathwork® Training by Barratt Breath Institute, 2020-present
- 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
 - Using the workshop as a pilot study, I published the [results](#) in the [International Journal of Yoga Therapy](#) in 2011. The study 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 on yoga for back pain 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,”** an interactive 3-hour yoga therapy workshop for people with various types of chronic pain, Richardson, TX, April 2012
- **“Mindfulness Meditation for Teens,”** 3 one hour workshops, Richardson, TX, Aug 2018
- **“Healing Breathwork”** series, based on the teachings of Restorative Breathwork® at the Barratt Breath Institute, 2021 and 2022.

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)
- Authored multiple articles for the “Yoga for Life” section of the [FYI50+ Magazine](#), a bi-monthly publication for the 50+ lifestyle.

Yoga Classroom Teaching Experience

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

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

Private Sessions

I lead private yoga classes for special needs including those with osteoporosis, joint restrictions, breath restrictions, anxiety, depression, fibromyalgia, 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, artificial intelligence, strategic marketing, and competitive analysis in the high-tech industry. I founded my own consulting business, Strategic Marketing Services, where I worked for seven years. Finally and thankfully, I gave it all up to teach yoga!