

## Overview of Jen's education and experience:

Bachelor of Science in Sports Medicine/Athletic Training/Physical Education,  
Plymouth State College, NH, 1987

Master of Science in Sports Medicine/Athletic Training/Physical Education,  
Indiana State University, 1989

Evaluating, managing and treating athletic injuries as a clinical intern  
during undergraduate and graduate education in Sports Medicine/Physical  
Education degrees

Managing the health care needs of college athletes as the Head Athletic Trainer at  
the University of Southern Maine, 1989-99

Offering undergraduate classroom and clinical instruction in wellness, chronic  
disease prevention and orthopedic injury management, University of Southern  
Maine

Certified Hatha Yoga Instructor, 1999

Holistic personal Trainer, 1999

Retreat Leader and workshop instructor for allied health professionals including  
nurses, social workers and counselors, University of Southern Maine

Designing and leading holistic wilderness canoe trips for women

Teaching community wellness classes through adult education programs

Creating a meditation and yoga eco-retreat center in Maine; Nurture Through Nature

Certified Facilitator of The Work through the Institute for The Work of Byron  
Katie

Trainer and Mentor in the Institute for The Work, instructing candidates in the  
Certification program

Board of Director President for Green Tree Yoga Meditation Foundation, South Los  
Angeles, CA

Board of Director President for the Denmark Arts Center, Denmark, ME

Yoga Teacher Training Instructor, "Yoga, Anatomy and Injury" at Green Tree Yoga  
Meditation Foundation, South Los Angeles, CA

Mindfulness and Stress Management instructor for inmates at Maine  
Correctional Center, Windham, Maine