

# *Dr. Donna M. Jagielski*

## *Blessings, Balance, and Breath Yoga*

Yoga Alliance: <https://www.yogaalliance.org/TeacherPublicProfile?tid=278621>

Facebook Page: : <https://www.facebook.com/profile.php?id=100095239536075>

Instagram: <https://www.instagram.com/blessingsbalancebreathyoga/>

LinkedIn: <https://www.linkedin.com/in/donna-jagielski-ed-d-09b04221>

E-mail: [blessingsbalancebreathyoga@gmail.com](mailto:blessingsbalancebreathyoga@gmail.com)

### **YOGA TRAINING/EDUCATION**

Yoga Farm Ithaca

500 RYT (200-hour - 09/2020; 300- hour - 11/2023)  
11/2023

YogaEd

95 RCYT - Trauma-Informed Emphasis  
08/2020

Yahweh Yoga

100-hour-YYT - Christ-Centered Emphasis  
09/2018

Member of Yoga Alliance since 2020

Prison Yoga Project Facilitator 2024

### **ADDITIONAL YOGA TRAINING/CEUs**

Foundational Training: Yoga through the Lens of Trauma & Incarceration - Prison Yoga Project  
(2024) - 40 hours

Chair Yoga - Inspiritus Yoga (Chandler, AZ) - 2022

Yoga for Special Populations - Inspiritus Yoga (Chandler, AZ) - 2022

Restorative Yoga - Yoga Farm Ithaca - 2021

Yin Yoga - Yoga Farm Ithaca - 2021

### **Additional Education**

Arizona State University, Tempe, AZ (2016)

Ed.D. Leadership and Innovation

Northern Arizona University, Flagstaff, AZ (2008)

Master in Educational Leadership

Columbia College, Chicago, IL  
Master in Teaching - Elementary and Secondary Education

Additional Certifications

Arizona Department of Education - Adult Education, Principal, Secondary Education,  
Elementary Education, Full ELL (English Language Learners) Endorsement

ISTE Certified Educator (International Society for Technology in Education)  
Arizona Association for Environmental Educators Certification

**PROFESSIONAL YOGA TEACHING EXPERIENCE**

Yoga Teacher

Maricopa County Durango Correctional Center - Phoenix, Arizona  
Juvenile Detention Center  
June 2021 - Present

Yoga Teacher

Arouet Foundation, Lights Camera Discover, Yoga in the Park (Pecos Park) & Santosha Yoga  
Specialized program: Yoga for Empowered Women (Blessings, Balance & Breath Yoga)  
July 2023 - Present

Yoga Teacher

Mountain Park Church - Phoenix, Arizona  
Women on the Move (WOtM) Community Group  
December 2020 - 2023

Yoga Teacher

Mountain Park Church - Phoenix, Arizona  
Yoga Ministry  
January 2019 - January 2020

Yoga Teacher

Maricopa Unified School District #20 - Employee Wellness Program  
Employee Wellness Program  
January 2019 - January 2020

Additional Workshops & Programs

Hope Academy - Maricopa County Regional School District - Spring 2024 -  
- 8-week electives course for at-risk high school students

Inspiration Academy Charter School- Fountain Hills - Spring 2024  
- 3-week introductory workshop for students grades 3-8

Maricopa Library & Cultural Center - Fall 2023

- Family Yoga workshop

Boys and Girls Club of Flagstaff

- Teen workshop blending yoga and creative journaling (July 2023)
- Youth Introduction to Yoga Workshop (Winter 2022)

### **YOGA PUBLICATIONS**

- Staff writer for Christian Yoga Magazine - September 2021 - Present

Fall Issue 2021

Article: *Beatitudes & Yoga*

Holiday Issue 2021 (The Gratitude Issue)

Article: *Five Ways to Practice Gratitude Each Day*

Winter Issue 2022

Article: *Men on the Mat*

Article: *Kids Corner - Reconnecting to Christ through Classic Bible Stories in Yoga Practice*

Spring Issue 2022 (The Trauma-Informed Issue)

Article: *Christ-Centered Trauma-Informed Practice on the Mat*

Late Spring Issue 2022

Article: *Including the Circle of Prayer to Re-energize Your Yoga Practice*

Summer Issue 2022

Article: *My Journey Teaching Yoga in the Juvenile Detention System*

Fall Issue 2022

Article: *A Triad of Calm: Scripture, Breath, and Mind*

Holiday Issue 2022

Article: *Surrender to God: Ten Yoga Props Used in Restorative and Yin Yoga Practice*

Winter Issue 2023

Article: *Incorporating Lectio Divina into Yoga Practice*

Spring Issue 2023

Article: *An Interview with the Retreat Ladies: Dawn Hopkins of Inspiritus Yoga and Sara Chesterfield*

Late Spring Issue 2023

Article: *Would Jesus Eat Popcorn Before Yoga?*

Summer 2023

*Article: Christ-Centered Yoga Journaling for Tweens and Teen Girls*

Fall 2023

*Article: 3 Centers Meditation*

Winter 2024

*Article: Introducing 8 Limbs to Children & Youth through Yoga Activities On and Off the Mat*

Grand Canyon University - College of Education/Character Education

October 2023

*Teaching Yoga within the Juvenile Justice System*

Spring 2024

*Spiritual Disciplines by the Seasons*

### **YOGA PRESENTATIONS & AWARDS**

- Recipient/Award of Funding from Awesome Without Borders/The Harnisch Foundation - November 2023 (\$1,000)
- Recipient/Award of Funding from The Pollination Project - July 2023 (\$1,000)
- Recipient/Award of Yoga Mat Donation Grant through the Give Back Yoga Foundation & Gaiam - April 2023 (21 mats)
- Champion Volunteer- Maricopa Juvenile Probation - May 2023  
<https://www.youtube.com/watch?v=LE5qrYvdR1g>
- Cochise County Education Services Conference - January 2024, 2023, 2022 and 2021
- SEATA Conference - June 2022 & 2021