

Dr. Rayna M. Harris

Education, Science, Community Engagement

I am a passionate teacher and enjoy helping others. I have mostly taught science and computer classes to aspiring doctors and engineers. The older I get, though, I am less concerned with helping people achieve their career goals and more interested in helping people maintain a happy, healthy lifestyle. I want to be a Yoga instructor to help locals and tourists in the Tahoe community improve their flexibility, alignment, strength, mindset, and heart health.

Education

- 2002 - 2006 B.S.. Biochemistry, The University of Texas at Austin
- 2012 - 2017 Ph.D.. Cell and Molecular Biology, The University of Texas at Austin
- 2018 - 2023 Postdoctoral Scholar. University of California, Davis

Current Employment

- 2023 - 2023 Adjunct Faculty. Lake Tahoe Community College
- 2021 - 2023 Hostess. River Ranch Lodge & Resturaunt
- 2020 - 2023 Parking Attendant. Palisades Tahoe at Alpine

Teaching Experience

- Spring 2023 Organic Chemistry III Lab (CHM 223L). Lake Tahoe Community College
- Spring 2023 Cell and Molecular Biology (BIO 110). Lake Tahoe Community College
- Winter 2023 Principles of Biology III (BIO 103). Lake Tahoe Community College
- 2022 Introduction to R. University of California, Davis
- 2022 Introduction to UNIX for Cloud Computing. University of California, Davis
- 2016 - 2019 Instructor Training. The Carpentries
- 2017 Biostatistics (SDS 328M). The University of Texas at Austin
- 2013 Problems in Modern Biology (BIO 301E). The University of Texas at Austin
- 2007 - 2010 Organic Chemistory Laboratory (CH 210C). The University of Texas at Austin

Yoga Experience

- 10 hrs Palisades Yoga. Olympic Valley, CA
- 15 hrs Mountain Lotus Yoga. Tahoe City, CA
- 10 hrs Tahoe Yoga and Wellness Center. Truckee, CA
- 15 hrs Black Swan Yoga. Austin, TX
- 100 hrs BFree Yoga. Austin, TX
- 100 hrs Yoga With Adriene. Online