

Dr. Rayna M. Harris

SUP Yoga Instructor

I bought my first paddle board in 2016 for the sole purpose to doing and teaching Stand-up Paddle (SUP) yoga. In 2023 I finally pursued and received a 200 hour Hatha Yoga certification, and I taught SUP yoga with Tahoe Flow Arts and Fitness at Mourelatos Lakeshore Resort the summer of 2024. I've take SUP yoga class with Kayla Mountain Lotus and Vinyasa yoga classes with Kellee at various locations. I would love to join the Mountain Lotus team to help with the SUP yoga classes and more.

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

Certification

- 2025 10-hour Art of Vinyasa Flow Certification. Mountain Lotus, Truckee, CA
- 2023 200-hour Hatha Yoga Certificatiton. Palisades Yoga, Olympic Valley, CA

Current Employment

- Since 2024 Yoga Instructor. Tahoe Flow Arts & Fitness
- Since 2023 Adjunct Faculty. Lake Tahoe Community College
- Since 2020 Parking Attendant. Palisades Tahoe at Alpine

Yoga Teaching Experience

- 2024 - 2025 Hatha and Vinyasa Yoga. Tahoe Flow Arts & Fitness, Ritz Carlton Northstar
- 2024 Beach Yoga and Stand Up Paddle Yoga, Tahoe Flow Arts & Fitness. Mourelatos Lakeshore Resort
- 2024 Yoga Retreat. La Fuerza Latina, Frog Lake Huts, Truckee, CA
- Since 2023 Mindful Yoga for Youth. The Courage Project, various locations in Tahoe

Science Teaching Experience

- 2024 - 2025 Anatomy & Physiology Lab (BIO 203 - 205). Lake Tahoe Community College
- Fall 2024 Dual Credit Chemistry (CHM 100). Lake Tahoe Community College and South Lake Tahoe High School
- 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 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 Chemistry Laboratory (CH 210C). The University of Texas at Austin