

Dr. Rayna M. Harris

Yoga Instructor, Winter Sports Enthusiast

I am a passionate teacher and enjoy helping others achieve their life and fitness goals. I have taught Biology, Chemistry, and Computer Science courses for nearly twenty years. I also teach Beach Yoga, Stand-Up Paddle (SUP) Yoga, Restorative, Hatha, and Vinyasa Yoga with Tahoe Flow Arts & Fitness in Tahoe Vista. As a yoga instructor, I aim to help locals and tourists in the Tahoe community improve their flexibility, strength, mindset, and overall well-being.

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

- 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