

Dr. Rayna M. Harris

SUP Yoga Instructor

I bought my first paddle board in 2016 with the vision of eventually teaching Stand-up Paddle (SUP) yoga. In 2023 I pursued and received a 200-hour Hatha Yoga certification, and I taught SUP yoga with Tahoe Flow Arts and Fitness at Mourelatos Lakeshore Resort in 2024. I've taken SUP yoga classes with Kayla at Mountain Lotus, and I would love to join the Mountain Lotus team to teach 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 Certification. Palisades Yoga, Olympic Valley, CA

Current Employment

- 2025 Yoga Instructor. Sport Haus at Sugar Bowl
- 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

- 2025 Restorative Yoga. Sport Haus at Sugar Bowl
- 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

Service

- 2023 - 2025 The Courage Project. Volunteer Yoga Instructor