

Jasmine Hunt, M.A.

YOGA INSTRUCTOR AND WELLNESS EDUCATOR

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ABOUT ME

In 2017, Jasmine became a 200 Hour Registered Yoga Teacher through Summit Climbing, Yoga and Fitness. Jasmine has been practicing Yoga since 2011 and currently teaches throughout the city of Dallas for various wellness gatherings, recreation centers, residential areas, companies, and private clients. In 2018, Jasmine designed her *Maximizing Performance Potential for Law Enforcement* course to equip policing professionals with tools to manage stress and better serve their communities. From then on, she combined both wellness and diversity teachings to create an integral offering that would foster employee wellbeing and high-belonging teams. Today, Jasmine enjoys sharing her knowledge on Yoga, mindfulness, resilience, and inclusion. Jasmine has practiced internationally and across the U.S. and has worked with an array of clients including student-athletes, youth groups, women's groups, geriatric clients, employees, and first responders. Jasmine is rooted in her culture and community. Through her volunteer work with Youth Conflict Resolution Center, Inc., she continues to empower Dallas youth through the practice of Yoga and mindfulness.

EXPERTISE

- Vinyasa and Hatha Yoga
- Mindfulness and Meditation
- Holistic Mental Health and Wellness Strategies
- Diversity, Equity, Inclusion and Multiculturalism

EXPERIENCE

Yoga Instructor

- Founder of LIFE ON A MAT LLC, 2016 – Present
- ECMC Group, November 2022 – Present
- Sanctum Med + Wellness, 2024
- Kessler Studios Baddie Bootcamp, 2023
- Office Meets Yoga, 2023
- Holistic Festival of Life, 2023
- Youth Conflict Resolution Center, Inc., 2017 – Present
- Mustang Station Yoga Instructor, 2017 – Present
- Wellness Retreat for Families of Color, 2020 – 2021
- Sunrise Sisterhood Yoga, 2021 – 2022
- Satisfy My Soul: A Community Yoga Project, 2019 – 2020
- Institute for Law Enforcement Administration, 2017 – 2021
- Cedar Hill Recreation Center, 2017 – 2018

Wellness Education, Publications and Speaking Engagements

- Restoring the Path to Wholeness Workshop, 2023
- Natural Awakenings Annual Healthy Living Directory, 2023
- Canvas Rebel Interview, 2022
- California State University Alpha Omicron Pi Sorority, *Holding Space for Communities of Color*, 2022
- Black Healing Space, Juneteenth Celebration, *The Creator's Corner, Telling OUR Story in OUR Words*, 2021
- UT Dallas Multicultural Center, *Black, Brown and Female: My Story of Reconciling My Identity*, 2021
- To Be Black and Asian in 2021, *A Conversation With Our Community*, 2021
- Civilian Leadership, *Maximizing Performance Potential in the Workplace*, 2021

Community Building and Volunteer Work

- Black Alumni of SMU, Board Member, Spring 2022 – Present
- Youth Conflict Resolution Center Inc., Volunteer, 2013 – Present
- North Texas Food Bank, Volunteer, 2021
- Mission Arlington, Holiday Volunteer, 2017
- PAWS for Reflection Ranch, Animal Maintenance Volunteer, 2017
- Dogwood Canyon Audubon Center, Animal Maintenance Volunteer, 2016
- Asian American Chamber of Commerce, Volunteer, 2013
- Save the World at Fort Mahan Park, Park Cleaner, 2011
- Arthur Ashe Children's Program, Childcare Tutor, 2011
- Annual UT Dallas Diversity Gala, Event Volunteer, Winter 2011

