

# Debra O'Bryan

Debra O'Bryan, founder of JoyfulBreathYoga.com, is a renowned Yoga Instructor, Nutrition/Life/Executive Coach from Lee's Summit, MO. She has been featured on numerous media outlets including NBC, has brought yoga to large school districts and big corporations, and is the official Yoga instructor of the Kansas City Chiefs Football team. Even with such notable accolades, those who know her would tell you they appreciate the heart and soul she brings to her Yoga practice. Debra takes lessons from her own personal journey to empower others on theirs. She sees the beauty in helping individuals overcome physical obstacles such as being wheelchair bound to fully participate in a flowing Yoga class. The energy behind Joyful Breath Yoga originates from Debra's vision and passion in helping people see the world through their own inner light and greatness.



## Training

- Journeyed to India to train and study with Yoga Master Dr. Jeyanthi Senthil for 2 weeks.
- Yoga Fit Training – Level 1-5, Pre/Post Natal, Kids Yoga, Seniors, Anatomy & Alignment
- Group Fitness Certification AFTA
- Pilates Certification – Personal Best Pilates
- PIYO Training – Powder Blue Production
- Senior Training – Silver Sneakers
- Trigger Point SMRT-CORE certified
- ACE Fitness Nutrition Specialist – current training
- BS in Commercial Graphics – Pittsburg State University

## Instructioning

- Corporate Yoga Instructor – JMA Technologies, Community America Credit Union, IAPD, ARMA International
- **Official Yoga Instructor for the Kansas City Chiefs**
- Yoga Instructor/Life/Executive coach for hundred's of students helping them grow in body, mind and spirit.
- Group Instructor – Yoga, Pilates, Spinning, Water Endurance Training

## Founder

Founder, JoyfulBreathYoga.com, an online yoga studio with 400+ videos and a worldwide community of students. Coordinate development, marketing, business planning of JoyfulBreathYoga.com along with filming weekly online classes, creating online yoga challenges, coordinate with other instructors, and personally interacting daily online with hundreds of international yoga students.

## Retreats

- Planned/Sponsored/Instructed the Joyful Breath Yoga "Journey of Joy India" – a two week cultural, culinary and yoga retreat.
- Planned/Sponsored/Instructed the Joyful Breath Yoga "Journey of Inspiration" – a one day retreat for 60 students to inspire body, mind and spirit.
- Instructed "Celebrate You! Retreat" for Women2 Women Organization. 3 Day retreat filled with yoga, stress relieving workshops, mindful eating and journaling workshops.

