

# BRENDA (RUBY) RENSHAW

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## YOGA, MOVEMENT, AND MEDITATION FACILITATOR

Kundalini Yoga & Hatha  
Certified, Nia Black Belt

### MISSION

My aim is to provide all participants a safe, relaxing space to explore peace, body awareness, and self-love by utilizing breath, gentle stretching, intuitive movement, and asana in a slo-mo vinyasa context. I guide participants by speaking calmly and authentically, playing integrative music, and demonstrating options for all levels and body types.

### EXPERIENCE

*Studio Nia Santa Fe* | Soma Yoga | Weekly 1 Hour Long Sessions | November 2023 - Current

*Ojo Santa Fe Resorts* | Morning Gentle Yoga | Weekly 1.25 Hour Long Sessions | January 2021 - Current

*On-Line Via Zoom* | Soma Yoga | Weekly Hour Long Sessions | May 2020 - Current

*Inhabit Movement & Sound Journey* | Galisteo Inn Galisteo, NM  
October 2021

*Introduction to Kundalini Yoga Workshop* | via Zoom August 2021

*Trip to Vagus Workshop* | Temple of Dreams Santa Fe, NM  
October 2019

*Command Your Domain for Business Owners* Home Studio |  
2018

### TRAINING

- Nia Black Belt | 2019 | Studio Nia Santa Fe, NM
- Kundalini Yoga RYT 200 Certification | 2012 | Purest Potential Santa Fe, NM
- Hatha Yoga RYT 200 Certification | 2023 | Yoga Source Santa Fe, NM