

CAU SUMMER 2024

Yoga: Movement & Mindfulness for All Levels

Get to know instructor Jenni Sol Cunningham '08, M.Ed., E-RYT 500, NASM CPT, Adjunct Instructor, Athletics Department

*1. What led you to specialize in your area of expertise?*

JSC: So many things. On the health and wellness side, I am the kind of person who just needs to move my body consistently in order to feel grounded and healthy, and I absolutely love the way Yoga feels in my body. On the more vulnerable side, my life has been very difficult, and Yoga provided me a way to sift through all of the emotions and struggles so that I could come out a stronger person overall. It's been such a beautiful, holistic way for healing, and I would never change it for the world.

*2. What excites you most about teaching for CAU Summer?*

JSC: I love meeting new people, learning about their individual journeys, and helping to provide solutions on their way toward a greater sense of well-being. I work with people of all ages, and as an alum of Cornell, this summer program sounded like such a fun way for me to continue my professional development in the company of others from the Cornell community. Our community is truly a special one, and I am looking forward to meeting each one of my students.



*3. What do I carry and what's in my bag?*

JSC: I am usually seen wearing a fun handmade festival leather-fringe fanny pack I purchased from Etsy on my 40th birthday, after feeling convinced I needed to have a little more spice in mid-life. However, my daughter bought me this more conservative, beautiful black shoulder bag so that I could safely carry my books and computer while running from class to class. The fun festival fanny pack is just not big enough for all the yoga essentials (maybe I need to look for a larger, spicier festival bag on my 50th birthday!). Inside my bag, I always have my yoga books, a granola bar, a big container of water to stay hydrated, and an umbrella - it always rains in Ithaca!