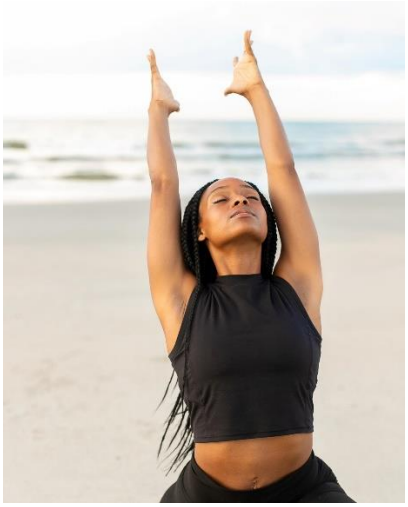

Janeen is a life learner and lover of the Yogic Path. She has been a yogi for over 10 years and received her 200-Hr Registered Yoga Teacher certification through Soul Ascension Healings and Arts in 2021. She has a Bachelor's of Exercise & Sport Science and a Master's in Psychology and is continuing her journey as a Ph.D. candidate in Mind Body Medicine. Through a Humanistic and Eastern Psychology approach she offers her students an experience that fosters increased relaxation, self-awareness, compassion, and inner peace while strengthening the body and mind so that we may flow more freely and bend more beautifully on and off the mat.

Check the schedule for her classes and events! Currently, you can be guided by Janeen on Wednesday's at 12:30pm.

WELCOME❤️