



Like many people, Jen Meehan came to yoga seeking relief from years of chronic back pain. After being diagnosed with scoliosis in her mid-forties, she researched non-surgical remedies for her spinal condition and discovered Iyengar yoga. She was drawn to its attention to alignment and the use of props to make the poses accessible to all students, regardless of age, body type and physical condition. She completed the 200-hr teacher training at Karuna Center for Yoga and Healing Arts in Northampton, MA in 2012. In 2016, she completed Certified Senior Iyengar Teacher Elise Browning Miller's Yoga for Scoliosis Teacher Training Program and is a Certified Yoga for Scoliosis Trainer. In September 2022, Jen passed her Level 1 assessment and is a Certified Iyengar Yoga Teacher. She continues to study with Jessica Becker, a Level 3 Certified Iyengar Yoga teacher in upstate New York.

In addition to teaching group and private lessons, Jen offers workshops on Yoga for Scoliosis and Back Care. Jen also works with students on an individual basis, helping them develop a practice that works best for their physical needs.

Jen is registered with the Yoga Alliance and is a member of Iyengar National Yoga Association of the United States.