



Joanna (“Jo”) Ducey, (MA, RYT, Holistic Health Coach) originally from Boston, Massachusetts is a certified Vinyasa and Forrest Yoga teacher, Thai Massage Therapist, and Holistic Health Counselor. Jo originally came to the yoga mat having heard about the healing effects of the practice and in order to work through personal traumas. Soon after, she delved deep into the field of nutrition and mind-body wellness, in the hopes of helping others on their own path to healing, health and true happiness. She completed her initial 200-hour Yoga Teacher Training at Back Bay Yoga in Boston, specializing in Vinyasa Flow. Months later,

she travelled to England to take Ana Forrest’s 200-hour Training in Forrest Yoga, a grounding and deep practice that incorporates a special focus on neck, back and shoulders, an emphasis on working from the physical and emotional core of the body, and slightly longer holds in poses. On the Yoga mat, Jo loves to teach Vinyasa for the freedom, creativity and lightness it brings, Forrest for it’s centering, strengthening and healing effects, and gentle yoga such as Yin, Restorative and Hatha to help calm the body and bring peace to the mind. She has a particular interest in the powerful healing effects of touch through Thai massage and skilled hands-on adjustments in the yoga classroom. As a certified Holistic Health Coach, she believes that we all have unique dietary and spiritual needs, and strives to assist individuals in exploring their own personal blueprint that will bring them optimal wellness. She specializes in working with those who are struggling with food choices and/or disordered eating, those who suspect a food allergy or would like to resolve chronic physical discomfort, yogis, and those trying to develop a healthy vegetarian lifestyle.

Jo sees her change of career paths as one of the biggest blessings in her life thus far. She is forever grateful for her skilled Teacher trainers Ame Wren, Lynne Begier, Nicole Clark and Ana Forrest and is filled with to join the sweet community at Yoga in Commons!

Walk in beauty -Joanna Ducey