

Meet Your Instructor:

Jess

My yoga journey began in childhood, when I turned to the practice to help my body recover from the demands of an intense sports schedule. Over time, yoga became a way to regulate my nervous system and manage the pressures of university life. This is when I truly fell in love with the practice and realized I wanted to share it with others. In



2022, I started my 200hr teacher training at Halifax Yoga and have been teaching ever since. I am deeply committed to fostering both physical and mental well-being in students through mindful movement. I create a safe, inclusive, and nurturing space where students of all levels can explore their practice. My classes blend dynamic vinyasa for strength-building with soothing yin poses for relaxation.

