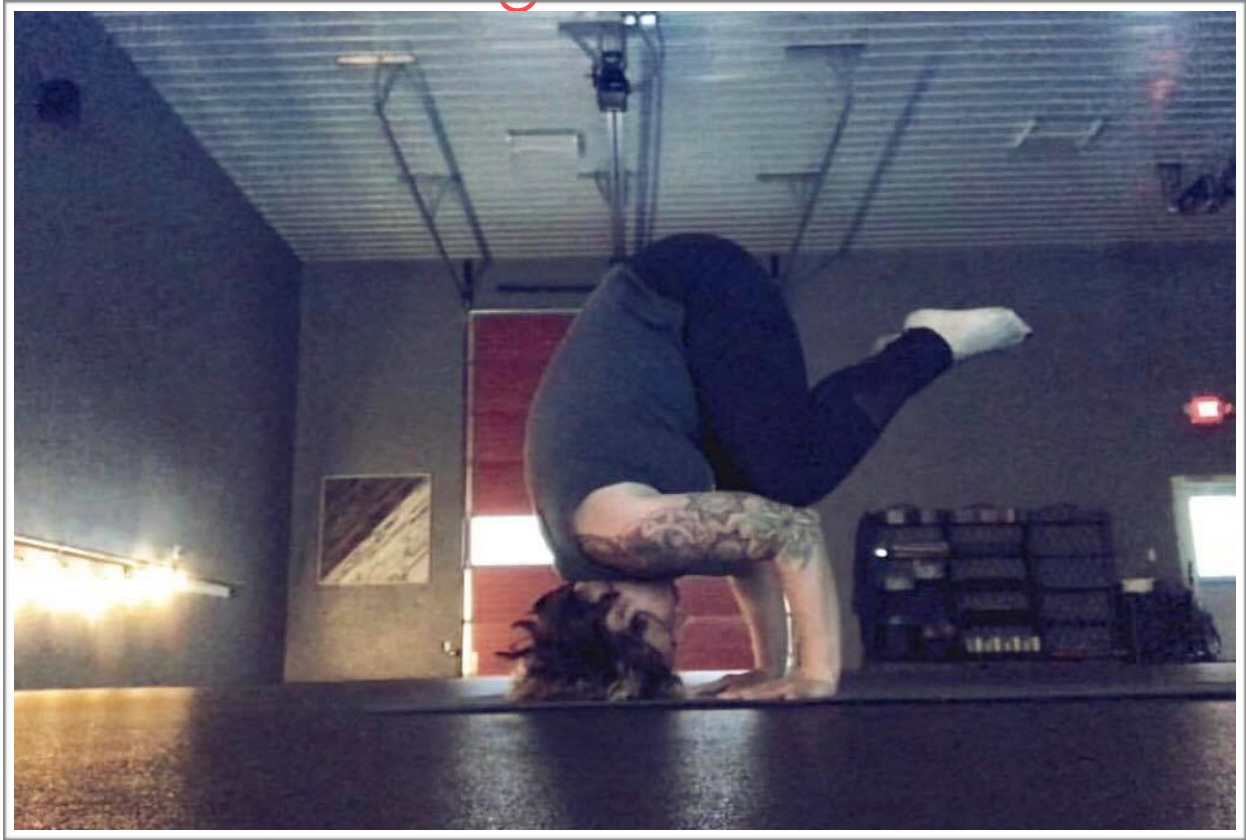


Jessica



Jessica recently completed her 200 hr RYT Yoga certification and is so excited to share her love of yoga with you. When she discovered her passion for yoga practice, her life changed for the positive in so many ways. Yoga has brought her a new confidence and gratitude for life and others, and this is something she loves to share with her students. She is also level 2 Reiki certified and is looking forward to incorporating this healing technique into some of her classes. When Jessica is not practicing yoga at the studio, she can be found practicing at home with her 3 greyhounds and 2 cats, hiking or enjoying the outdoors with her husband, volunteering at the Quad Cities Greyhound Adoption, or traveling as much as possible.