

Jordan



Jordan has been teaching yoga for 3 years now. She is a certified 200 HR RYT and Buti yoga instructor. She is also an Elementary teacher and love both of these jobs.

The benefits of yoga are endless: it helps clear the mind, bring positive vibes, and is a great total body workout all while using your own body weight. One type of yoga I teach is a Vinyasa style yoga. This kind of yoga will not only give you a total body workout, but also keep you moving continuously and get your heart rate up for some cardio! I have been doing yoga for 4 years now, and it is the only workout I do. I love the fact that Yoga is both a strength and cardiovascular workout.

Another type of yoga I teach is Buti Yoga! This has changed my outlook on life and yoga. It is good for your soul and body! It is a calorie-scorching workout that incorporates power yoga, cardio-intensive tribal dance, and body sculpting primal movement. It helps sculpt and tone deep abdominal muscles that strengthen the body. BUT most importantly it helps woman unleash unshakable confidence and uncover that true desire to bond with other woman instead of competing.

Yoga is for anyone and everyone. Yoga does not discriminate against age, sex, body type, or flexibility level. You will be amazed at what your body can begin to do with hard-work and determination. She is excited to be apart of The Zen Box team and share her love and passion for Yoga with you all!