



be a positive soul model

HISTORY

Brief history of Yoga4Soul

Yoga4Soul was born in 2004 and my first workshop was a bootcamp class that was sold out. The seed was planted as well as my students. Yoga4Soul is being in touch with your soul, and trusting in you as well being the greater person you always wanted to be. I have been a long time parishioner of yoga and Buddhist in addition to being a compassionate teacher with innovative methods of teaching movement, meditation, and coaching people to create a joyful and healthy life.

Last year in the fall of 2006 I begin to bring to life Yoga4Soul teacher training. JOJO is looking forward to training our aspiring teacher's in the coming year.