

LIVING DIVINA YOGA & FITNESS STUDIO OPEN FOR BUSINESS IN YORKVILLE

— Sandy Conrad
sconrad@fvshopper.com

For 20 years Jessica Mitchell, owner of Living Divina Yoga & Fitness Studio located at 129 Commercial Drive, Suite 9, Yorkville (630/708-7796) was a well-known chef, most recently for four years at LePatisserie Cafe in Sandwich and currently in service to Armonia Café of Yorkville.

After a family tragedy, she found healing through Yoga and in November of 2016 completed her certification at a Holy Yoga retreat held in Arizona with over 250 other instructors from all over the world.



According to Mitchell, “Holy Yoga uses the modality of yoga as a platform to reach people who have experienced trauma in their lives, including those who have been rescued from sex trafficking.” Our focus at Living Divina is to offer intentional movement connected with our inmost beings. All classes and daily specials are listed on their Facebook Page and include Holy Yoga (Restorative, Gentle Flow, Levels 1 & 2), Vinyasa Yoga, Couples Yoga, Group Fitness, Pilates and Circuit Training. The site offers the opportunity to register and pay online. The first class is always complimentary and reservations are appreciated. Drop Ins to single classes are also available as are both a 10 class punch card which expires four months after the first class and a monthly membership for unlimited classes.

Paraphrasing her personal and moving testimony, Jessica says that a few years ago, when she found herself at one of the lowest times of her life, the Lord never gave up on her.... the yoga mat became her therapy

and safe healing place... she was led to Holy Yoga and is hungry to share what she has learned about overcoming sorrow with others. Having personally met and spent time with her, I can assure you that she has a beautiful, giving heart and spirit which will be poured out among the many clients who will come to benefit from time spent at Living Divina.

Her beautifully appointed studio (located on the second floor of the Heritage Home & Design building) presently offers programs for adults and youth 12 and older and is hoping to add classes for children in the near future. A Grand Opening and Ribbon Cutting ceremony was held January 5th.

Teaching Assistant Jillian Holcomb specializes in Group Fitness and Station to Station Circuit Training which includes Resistance Bands, Free Weights and Cardio Movements, for example, all of which are designed to help someone get stronger as they use their own body strength to move through the activities of each station at 90 second intervals.

If your new year's resolutions include getting mentally, physically and spiritually fit, Living Davina is the place for you. Take note of their ad in this and future issues of our paper; mention the offer and receive 10% off a monthly membership for up to three months.

