

JEAN RYT 200

Yoga Teacher

Ayurveda:

- 100 hour Lifestyle Counselor certificate with Arpita Shah

Particular Interests: Traveling the world with her husband, painting, entertaining, cooking, yoga, outdoors, nature and spending time with family.

Personal Quote: "My yoga is a special experience that creates a wonderful harmony of mind, body and spirit."

Quotes by Students:

"Jean creates a comfortable environment that me to fully experience the present moment." hw

"I enjoy the smoothness of Jean's classes and how I can get fully into each posture without having to rush or sacrifice alignment." tj

Bet you didn't know: Jean is an outdoor enthusiast and natural hostess for family and friends.

Bonus fact: She worked 17 years providing compassionate patient care as a Registered Nurse.

Jean Boerner is as close to a Colorado Native as it comes, and she has made Pueblo her home for many years. With a background in Health, Jean has committed over 17 years to providing quality patient care as a Registered Nurse. Jean made the decision to retire from nursing in 2016. Health and Wellness continue to motivate Jean as she deepens her yoga practice. In 2017 she earned her Yoga Teacher Training certification through Fountain of Health Yoga Studio, taught by Marcee Ballantyne, owner and principal instructor of Fountain of Health Yoga Studio in Pueblo Colorado. Jean is also a member of Yoga Alliance and is RYT 200 certified. Also, in 2017, she received a 100 hour certificate as a Lifestyle Counselor of Yoga Ayurveda, focusing on food and yoga for lifelong health, under the instruction of Arpita Shah, owner and Founder of OM Yoga Journey of Dallas, Texas. It has always been a belief of Jean's that yoga not only stretches the body but moves beyond the constraints and obligations of everyday life to tap into the inner peace, energy, and joy that lies within each of us. She believes that yoga is about being kind to oneself and allowing the calmness and vibrancy of yoga to transition into joy and happiness, nurturing a greater love and compassion for oneself. The qualities of Yoga Teacher Training have provided her with the essential tools to use in her practice. By maintaining a heartfelt practice and continuing regular meditation with a good sense of humor have all contributed to her desire to share with others. Over the years, Jean has loved spending time with her wonderful husband, family, dog, and friends. She is an outdoor enthusiast who loves to travel locally and around the world. "I take my yoga practice with me wherever I go. I just love that!" Her travels frequently include hiking, biking, skiing, swimming, scuba diving and yoga. Jean also makes time to oil paint and do a little photography and gardening. She finds those activities to be other meditative threads of her yoga practice. "Yoga makes my heart sing!", she expresses. Jean continues to share her love for yoga and inspire others to deepen their own self-awareness. She believes she can use yoga as a tool to guide people to a wonderful harmony of mind, body and spirit. "Let the beauty of what you love be what you do." - Rumi