

**Jennifer Prusacki, RYT200, Studio Receptionist**

After practicing yoga for several years and realizing the many benefits of it, Jennifer decided to start her teaching journey in September of 2013. While juggling the responsibilities of two teenage daughters, two dogs, a part-time job, and volunteer work, Jennifer was pleased to have completed her 200-hour teacher certification in November, 2015. She shares her upbeat outlook on life, teaching Chair classes, weaving in focus on breath, safe alignment, and sometimes even a bit of humor. After all, without a light approach to yoga, free of competition and judgment, how can it truly be a practice for everyone? Enjoy the journey of yoga! Your body and mind will thank you.