

# YOGA Gallery

JOSLIN JAMES

Joslin James found yoga 4 years ago as a way to help balance the physical demands of being a full time massage therapist and avid weight lifter. Her passion is to create a space where strength, flexibility and balance are incorporated to create harmony within the body. She brings her knowledge, awareness and regular work with the physical body into the class room to help her students with common imbalances. She received her 200 RYT through Whitefeather Yoga and is excited to share her life long love for health, wellness and spiritual growth with her students.

