

*Jessica McCarrick*

Jessica recently moved from South Florida to Doylestown with her husband and 3 year old son. Her first memory of yoga is when her mom took her to a class when she was about 8 or 9. She was always exposed to yoga growing up through her mother, but it wasn't until a back injury that she dove deeply into her own practice. After seeking treatment through various medical routes, yoga was the only method that offered lasting healing. As her body began to heal, she also discovered the mental and spiritual benefits of yoga. Motivated by her love of the practice, she went on to complete a 200hr teacher training in 2013. Her passion for yoga quickly went beyond her own practice, to guiding students through their own yoga journey. Jessica continued her education over the years with her advanced 300hr Hatha training, Yoga for Children with Special Needs Certification, Yoga Nidra Certification, and a 50hr Yin Training with yin legend Bernie Clark. She is a level 2 Reiki practitioner and has her B.S degree in Psychology.