

Jessica Pollner

Jessica began practicing yoga in 2000 and was quickly hooked on the sense of balance that it brought to her life. She completed a Vinyasa Yoga teacher training program at Tranquil Space in Washington, DC in 2003 and shortly thereafter began teaching Vinyasa classes.

In August 2007, Jessica gave birth to her daughter, Jordan, who is a born yogi! Jessica took prenatal classes at Sun Dog all through her pregnancy, and Jordan was coming to Namaste Mommy classes when she was 6 weeks old! Jessica completed the Yoga Babies Teacher Training at Yoga Child in Philadelphia with Gail Silver and completed a Prenatal Teacher Training workshop with Sue Elkind. She is thrilled to be teaching Prenatal Yoga to the Sun Dog Mommies-to-Be!

Jessica has a Master's in Social Work and currently works as a hospital social worker. She has found yoga to be a wonderful complement to this work; encouraging her students to take the lessons learned on the mat out of the yoga room and into their daily lives.