

*Jennifer Sapp*

After taking her first yoga class in 1992, Jennifer knew she had found a way to healthy body for the rest of her life. In 2000 she decided to become a teacher and began a four-year training.

Jennifer believes that in order to have a lifelong practice, you need to respect your body each and every time you get on your mat and not be afraid to modify. Jennifer has had many influential teachers over the years, and feels that every student she encounters is her teacher in some way. Not every modification works the same for everyone and as a teacher I learn from the individual to see what works best for them. With that in mind I feel my classes are for all students, focusing mainly on connecting to the breath and allowing it to guide your practice and experience.