

JEMMA



Jemma is passionate about working with people through movement and muscular therapy. She got her masters in Theatre Education and has received her 200 hour yoga certification from Iron Crow Yoga Studio followed by 100 hours of Anusara Yoga Immersions 1, 2 and 3. She graduated from Spa Tech Institute with a license in Therapeutic Massage and has also received level 2 Reiki training. Jemma strives to help people connect to their bodies, hearts and minds through curiosity, balance, awareness, mindfulness, and developing comprehension of where and what is in resistance and over-efforting and offering the tools to learn how to release. The intention of Jemma's offerings is to help students and clients to slowly bring balance back to their human spirit through poses and movements that strengthen areas that need to support and to open areas that need to let go.

"First move well, then move often" Gray Cook

