

About Our Instructor ... Jane Schmitt

I am a RYT-500 (Registered Yoga Teacher) through Yoga Alliance.

My study of yoga began in 2008 after I discovered all the benefits that could be achieved through the practice. I took trainings for seniors, children, as well as for those suffering from anxiety, depression and PTSD. It became clear that yoga is for everyone since we all have stress in our lives.

I teach Hatha yoga in the Vinyasa style which is physical movement connected with breath.

I have had the privilege of teaching and sharing yoga through community education in East Aurora for the last eight years and recently began in Lancaster as well. I also teach at JoyWheel Yoga studio in East Aurora which has a wonderful and welcoming space.

Although yoga offers many physical benefits it is the spiritual path it can lead you to that reaps the greatest reward. As a Catholic Christian it did not take long for me to connect a little deeper to my own faith and beliefs. We simply learn to go back to prayer and take time to rest in God's presence.

Please join me on the journey as we connect through prayer, yoga, meditation and faith.