Jennifer Reinhardtsen RYT200, RCYT

In 2004, I started my yoga practice after having my second child. I found it to be the perfect "exercise" for my body and mind to balance the demands of raising a family. I began sharing my practice with children and teens in 2011 at Yogikids & FitFamily studio and area schools after a yogees yoga 4 kids workshop. Through stories, games and music we learn that yoga is a calming, centering, and strengthening practice that we can use our whole life.
I am a 2013 Inspire Yoga School 200hr graduate. Teacher training was a year-long “aha” moment as I learned the history, philosophy, anatomy and 8 limbs of yoga. I continue to study and grow my yoga practice in classes, workshops and focus-group discussions.
Through my studies, and teaching children and adults, I have learned that yoga is a practice of loving-kindness for self and others.