



## **Jo-Anne Beitel Biography**

Fitness, nutrition and a pro-active lifestyle towards good health have been a part of my life since I was a child. From Thailand to Northern Virginia, I was blessed with childhood memories filled with eating fresh vegetables and exercising regularly. From practicing gymnastics as a child, to being involved in fitness competitions in college, my foundation is rooted in health and wellness.

Yoga has been a part of my life for years now, and my practice has helped me grow stronger, more flexible, and more fearless, both on and off the mat. Yoga inspires me to live each moment more mindfully. I completed my 200 hour Vinyasa Flow training with Karen Fox and the Indy Yoga Studio. And I am currently completing my extended 300 hour training. I will always be a student of the practice and am grateful for the wisdom each of my teachers has shared with me.

Recently, I was working with the Yoga Alliance, of which I am a member, and had to calculate my experience for their website. I was excited to see that I have now taught more than 1,100 yoga classes, to over 10,000 adults and children.

In my classes, whether a private lesson or a public class, or for a school, sports team and Olympic hopefuls, or corporate event...I will simply ask you to begin where you are. Some will be new to yoga – truly beginners, while some will be advanced. I teach yoga to all ages – from kindergarten students to teens; young adults to those in their 40s and 50s; and to senior adults as well. I want you to build a foundation with breath, and to learn proper breathing, fundamentals, postures and transitions. You will find that I am fairly descriptive in my alignments and teachings, while always allowing for imaginative balance and strength postures. It's all about balancing effort with ease.

Just as we seek balance in our lives, we must seek balance in our fitness and nutrition regiments. For fitness, you will see I believe in, and promote yoga, but also weight training and other types of routines. And for nutrition, I offer a FRESH START program to assist people with finding one better decision at a time regarding their choices for foods. Finding organic and natural ingredients can be life-changing.

We just need to make one better decision at a time!

Jo-Anne Beitel

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