



Jen Pignone's health and wellness journey started in 2011 when she started working as a Personal Trainer and Spinning Instructor. She eventually stumbled into her first yoga class 7 years ago and never looked back! She believes yoga can be accessible for any body and can be transformative for the mind, body and spirit. Jen is a 200 hour Yoga Alliance Certified Instructor. She studied under Michelle Briks at Ohra Yoga. She is also a Certified Health Coach and holds a B.S in Health Promotion Studies. Join her class to experience all the magic yoga has to offer!

Mondays at 6pm and Thursdays at 6:30pm- Vinyasa Yoga Level 1

\$20/class, cash or Venmo payments accepted. Venmo: @Jen-Pignone. This Vinyasa style class helps you to find connection to your breath, body and movement. It is perfect for anyone ranging from the new yogi to the more experienced practitioner. For the newer yogi, this class will provide an accessible and approachable environment as you get acclimated to the Vinyasa practice. For the more seasoned yogis, here is your chance to slow it down and re-connect yourself back to your alignment. Taught by Jennifer Pignone RYT 200.

Questions? Contact Jen at jpignone78@gmail.com