

February 14, 2018, “The Healing Power of Yoga, part 2” Janna Westmoreland



Yoga is much more than a great workout. This ancient practice is rooted in complete mind, body, spirit wellness. Join us as we explore the mental and physical benefits of pranayama (breathing) and asana (posture) sequences. Comfortable clothes and yoga mat are encouraged but not required to participate. Namaste!

Janna Westmoreland has been a student of yoga for 4 years. She recently completed her 200-hour teacher certification through Yoga of Energy Flow with Daniel Orlansky. Yoga played a significant role in her own healing from depression.

Janna presented part 1 of “The Healing Power of Yoga” this fall at DBSA-Boston.

When not on her yoga mat, Janna enjoys spending time with her husband and two daughters.