

Classes

Monday and Wednesday – 5:30pm

Tuesday – 9:15 am

Friday – 8:15 am & 9:30 am

*Private lessons available by
appointment

Rates

Group Classes - \$25

Private Classes - \$75

*48 hour cancellation policy



I received my 200 hour certification in the Iyengar tradition, an alignment-based practice that emphasizes good posture and spinal expansion.

In 2012 I decided to continue education and have received my 500 hour certification with an emphasis on yoga therapy.

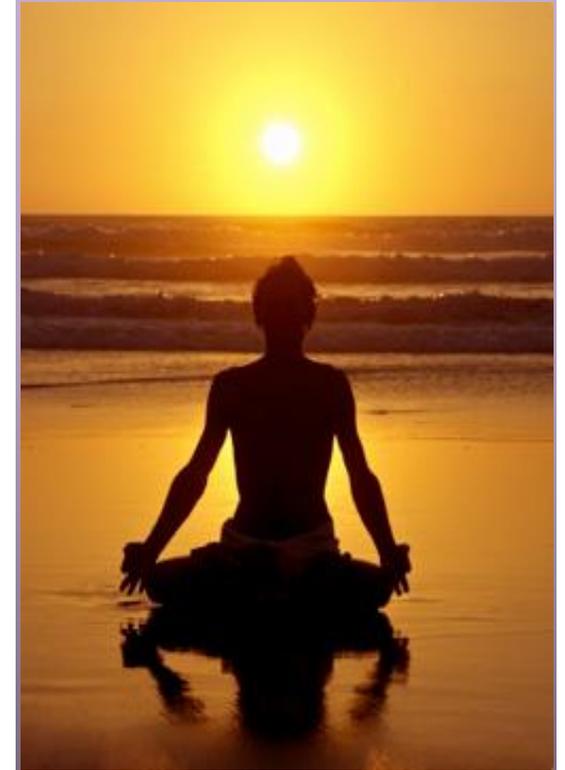
I am a registered yoga teacher with Yoga Alliance and the International Association of Yoga Therapists

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Wisdom Yoga

Jane Grant

Yoga can mean many things. The traditional definition explains that yoga is a connecting or linking. This definition also implies steps or a gradual journey towards an established goal. Reaching the goal is accomplished by a series of postures called "asana". A yoga practice seeks to expose habits of body and mind, both good and bad. With this awareness, we can develop new habits that will help us achieve a greater good.



About Wisdom Yoga

A session with me can help you feel more energized through better posture, stronger muscles, and a greater understanding of what your body is asking for. You will learn skills that are appropriate for pain management of any kind, depression, anxiety, auto immune and neurological disorders, arthritis, and the thousands of aches and pains that plague our lives.

The style of yoga I teach is an accepted adjunct to physical therapy, psychology, and integrative medicine. I invite you to come see what I have to offer you. I would suggest a private hour to start with so I can assess your specific needs. I have a small, very private studio in my home. I do require reservations for classes and there is a 48 hour cancellation policy. If you can gather three people, I will make every effort to create a class on the day and time that you request.

