



gayle jann
YOGA

Live Your Life with
Strength Grace Balance



Yoga is for everyone.
Your body has the power to heal itself.
Invest in your health today.

- **Private Yoga Sessions**
Individual Attention. Focus on what you want.
- **Yoga Therapy Sessions**
Use the healing powers of yoga with your body's innate intelligence to heal and feel great.
- **Thai Yoga Sessions**
Relax and receive assisted stretching, energy work, rhythmic compressions and gentle rocking motions.
- **Integrated Healing Sessions**
Yoga poses, Yoga Tuneup balls, breathing practices, assisted stretching are a powerful combination for healing.
- **Wellness Consultations**
We work together to create an eating, movement and lifestyle plan for optimal health.



gaylejann.com info@gaylejann.com 828-236-2366



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Gayle Jann

Certified Yoga Teacher



Gayle has been practicing yoga for over 20 years. She has been teaching yoga for 9 years and has helped hundreds of people come to a deeper understanding of their bodies, recover faster from injuries, realize the importance of the breath, and bring their bodies into more balance.

Gayle continues to study the biomechanics of yoga along with the spiritual side of yoga. She has a special interest in the therapeutic aspects of yoga and was able to heal her own partially frozen shoulder as well as treat other injuries as they arise.

Gayle works with Yoga Tuneup balls as a form of self-massage and a way of working deep within the fascial (connective tissue) system to make profound shifts in the body.

She is certified in Thai Yoga which is another healing modality that can help the body/mind to be relaxed and reduce and/or relieve pain.

Gayle relies on her intuition to guide her and is passionate about helping others to explore and trust their own intuition

I've always felt yoga opens everything in me; and that's one of the reasons I've been able to grow emotionally and physically to the extent I have since beginning to practice with you. We have to tap into our weaknesses, our challenges, in order to come close to finding our authentic selves and a sense of balance in our lives. Thank you for being there for me! ~Deb V.