

Janet Casson- RYT200 Yoga Teacher

Janet Casson is a long-time teacher of yoga & meditation and a Reiki practitioner. Over her career, she has attained over 1000 hours of training in a variety of modalities, including prenatal yoga, kids yoga, restorative yoga, and Soma yoga. Janet continues to delve into studies of anatomy and yogic philosophy, always looking for new ways to help her students know themselves more fully. She believes in the power of connection--whether it be people connecting to one another, a group connecting to a new experience, or individuals connecting to ideas. It is Janet's aim to assist you in (re)claiming wellness and to perpetuate wellness as it pertains to systems, societies and communities. The innate wisdom of our bodies is waiting to be discovered.