

## **JODI IS OUR YOGA PROGRAM DIRECTOR**

***She teaches Yoga in the SFF Shala, Head-to-Toe Conditioning and also leads many of our workshops.***

***Jodi is also available for Private Yoga Therapy.***



Jodi studied dance for 8 years as a student before changing her focus to fitness. Her first paying gig was as an Aerobics Instructor for Developmentally Disabled Adults in 1990.

She has a passion for Instructing Group Fitness classes such as YogaFlow, Kickboxing & Resistance Training as well as helping clients heal through Yoga Therapy. Jodi enjoys motivating and coaching others to make healthy lifestyle changes.

While recovering from a back injury, Jodi discovered the benefits her own yoga practice

offered and achieved her 500 Hour RYT along with a 140 Hour YogaFit for Warriors Certification to provide trauma sensitive yoga instruction to clients struggling with PTSD, Traumatic Brain Injury, Chronic Pain, Addiction & Depression. She holds a Yoga Therapy Certification (C-IAYT) through the International Association of Yoga Therapists and is currently pursuing an Ayurvedic Coaching Certificate through YogaFit Training Systems.



Besides earning her red belt in the Joe Lewis Fighting Systems, Jodi has completed a marathon in Athens, Greece; a Tough Mudder competition; participated as a Ragnar Relay Team member from Miami to Key West; competed as a Seriously FUN Fitness Relay Team member for a 140.6 mile triathlon course in Ocala, FL and finished an AquaBike endurance race of 114.4 miles in Clermont, FL.

Her 20+ years working as an International Flight Attendant have given her the experience and creativity to help you plan workouts around the busiest of schedules.

**Contact her at: [SeriouslyFunJodi@gmail.com](mailto:SeriouslyFunJodi@gmail.com)**