

What people say.....

Hi Jennifer,

Your positive and open attitude creates a warm and accepting atmosphere at Flowing Yogi. This means no matter what our level of ability or experience we feel welcome. Thank you for sharing the gift of Yoga.

Ruth Ann, Cochrane, Alberta

I really like the spunky vibe you mesh into your practice. You make me smile-love the endorphins.

Karen D., Water Valley, Alberta

My mother had osteoarthritis in her back and hips. She suffered on a daily basis due to disintegrating discs and spurs in her spine plus she had to have hip replacement surgery. This condition is known to be hereditary so my doctor sent me for a bone density test. The results showed some degeneration and she suggested I get on a program of extra calcium and improved diet and she would have the test repeated in a year's time. The following year's test showed that the bones had stabilized and hopefully would not deteriorate more. I decided I also need to "get moving" and was drawn to yoga. Since I started yoga my overall health has improved immensely and I love everything about it. My next year's bone density test showed a definite improvement. Yoga is a new way of life and the breathing and meditation aspects have proved invaluable to me and turning 60 was a smooth transition. Thanks so much, Jenn, for helping me improve my health and most of all making yoga so enjoyable.

Shirley, Cochrane, Alberta