

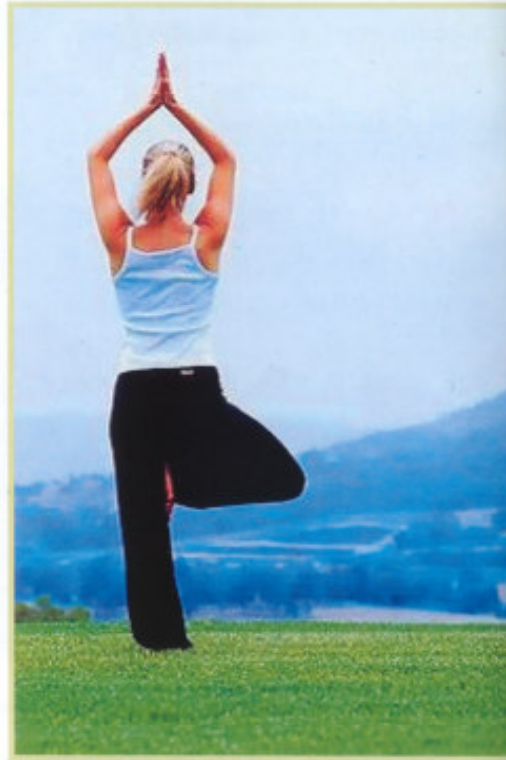
Jessica McKenna, Yoga Instructor

People often ask me why I came back to England from Australia, and the honest answer is - family. Australia is a wonderful country and it holds a dear place in my heart, but this is where both mine and my husband's hearts really feel at home.

We left for Australia in 1999 and this is where I discovered yoga - at the local gym. It instantly resonated within me and I started to go to as many workshops as I could. Although I was enjoying my IT job I knew it wasn't what I wanted to do forever and the lunchtime yoga classes provided me with the much needed break during the day. I tried many different classes and teachers then met a wonderfully inspiring ISHTA* teacher in 2004. I completed my ISHTA yoga teacher training in 2006 in Byron Bay, the Yoga capital of Australia.

The training was a defining moment in my life and I knew that Yoga was what I wanted to do. I have since studied Yoga all over the world including Bali, India, and Chile, practicing with ISHTA Founder, Alan Finger, in New York and attending various classes and workshops in New York and Vancouver, Canada.

What is so amazing about yoga? Yoga is so much more than a form of exercise. It is wonderfully healing for the body and mind. To name but a few benefits, Yoga nourishes and calms the nervous system and teaches you to unwind using postures, breathing techniques and meditation enabling relaxation and peace. Regular practice improves concentration and strengthens the



immune system. The postures lengthen and strengthen the muscles in the body, bringing greater flexibility, vitality and strength. Practicing postures also massages internal organs enabling the body to detoxify.

ISHTA is a style of yoga that is dynamic and safe for all ages and abilities. Both Yoga and Meditation will improve your health and quality of life!

I now live in Old Catton, a beautiful village, and am enjoying Norwich as a city, it's stunning architecture, history and friendly people. This is the first time I have lived here, although my husband is Norwich born and bred. I teach Yoga in Old Catton (at the Church Hall, Blacksmiths Way) and also in the city.

Jessica's Yoga class schedule:

Monday

7.30pm-8.45pm Inner Space, Maude Grey Court (off St Benedicts).

Wednesday

9.30am -11am Old Catton, Church Hall, Blacksmiths Way

12:30pm-1:30pm The Yoga Room, All Saints Green

Thursday

11am-12.15pm & 12:30pm-1:30pm Inner Space

Friday

6pm-7.15pm The Yoga Room

Class prices vary but discounts are available for block bookings. Most classes are £6.50 (£30 for 6) except Friday evening which is £8 (£40 for 6).

* ISHTA is a Yoga Alliance registered school. Jessica is also a Registered Yoga Teacher (RYT) accredited and insured with Yoga Alliance UK. ISHTA is an acronym for the Integrated Science of Hatha (physical practice) Tantra (yogic philosophy) and Ayurveda (Indian science of healing) it also Sanskrit (ancient Indian language) for Individual.

For more information on ISHTA Yoga and its benefits see www.blissyoganorwich.co.uk or call Jessica on 07501 303 546.