



“There’s no secret & short cut in building your body the way you want it to be, it’s consistency of hard work, how much and what you are willing to put into.”

“The answers can always be found within you.”

ABOUT

JAZSMINE WANG

Meet Jazmine, a passionate yoga teacher who left her corporate job and family business to pursue her dream of healing through yoga. After experiencing traumatic events, Jazmine found strength in the practice of yoga and yoga gave her light in the dark tunnel where she was at, there she began a journey of self-discovery. Little did she know, yoga would teach her more than just physical asanas and mindfulness - it would teach her about life itself.

With more than a decade of experience in active background since young with a diverse background in ballet, gymnastics, calisthenics, cross fit, acrobatics yoga, and 200-hour YTT certification in Ashtanga Vinyasa, she can offer unique and dynamic classes that combine physical strength and flexibility with mindfulness and self-discovery sharing through her own experience.

While her yoga journey only began a decade ago, Jazmine continues to learn and discover something new every day. She is passionate about sharing her love of yoga and helping others find healing and transformation in their own lives while discovering new ways to heal and expand her skill set beyond her certification as a yoga teacher. She has attended numerous intensive workshops to further her knowledge and hone her healing abilities.

Jazmine has now completed a 20-hour seniors yoga teacher training, prenatal workshop, and has expanded her healing techniques by attending workshops in Crystal Bowl Healing, Reiki Level 1, Traditional Thai Massage (150 hours), and NISI by Kerwin Rae. With these additional credentials, Jazmine offers a well-rounded approach to healing that combines physical movement with energy work and touch therapy.

From her years of teaching experiences, She enjoys both Hatha & Vinyasa Flow. Her specialties are teaching beginners foundations, ranging from yin yoga with sound healing to stretching for athletes. She’s able to teach from beginners to intermediate practitioners.