

Yoga & Meditation found Alanna Bone 23 years ago, she has practiced on & off ever since. She is a Mommy of two beautiful children Lily Jude & Jackson (aka Sass & Bratsir) and works a full-time day job. She is an avid hiker, enjoys the practice of moving into stillness. She began visiting Just Breathe only a few short years ago, embracing changes in her life while finding balance within herself through her Yoga practice. When Nicole and Just Breathe Yoga, Studio offered the Yoga Alliance 200-hour Teacher Training, Alanna saw the opportunity for personal growth by deepening her practice with becoming certified and being able to share that experience with fellow students. Alanna has a calm and intuitive nature, enjoys studying Yogic Philosophies as well as Asana. She intends to further her teaching certifications in the future to include Meditation practice among others. In addition to being an instructor at Just Breathe Yoga Studio, you will see her helping in the studio office