



*Michele Fleming, RYT200*

Doing Yoga since November 2018... Suggested by many who thought it would help me to relax. To help with some health issues that I was struggling with. I am so glad that I took those suggestions. After a couple of classes I was a regular. When the opportunity came up, I decided to think about the Teacher Training Class. Deciding that yes this is what I needed and with the encouragement of the JBS staff, I found myself in a new journey of my life. With only the intention of learning Yoga for my own knowledge. But as each class that I took and with each class with Nicole, I realized how Yoga was changing my Life. I decided I wanted to become a teacher. To share my knowledge to others.

I would like to think of myself as a very caring person. Supportive where needed, with the staff and also with each and every "yogi" (person) that walks into the JBS door. Very Big-Hearted Person... I love the outdoors, and to bake... I am very thankful that JBS has given me this great opportunity to be able to share Love, Laughter and Happiness to all!

Can't wait to see you all on the Mat!!

Namaste