

Jason Walters

Asana Yoga Teacher & 200hr TT

Jason Walters has many talents, but the one talent that he loves more than all his others is being a yoga teacher. Jason first started his movement career in martial arts. As a music studio manager and musician he was often around a lot of unhealthy habits and the martial arts definitely kept him distracted from that lifestyle.

Because of a history of severe back pain, and many doctors would prescribe pain medicine, he started to seek other ways to heal his body. He started to take yoga at the Yoga NoHo Center in 2014 and never looked back. It didn't take long to realize that the yoga was way more successful in healing his back than pain medicine, and soon the yoga was his answer.

He graduated with his 200hr from the yoga studio and immediately started to teach yoga. He took every class he could get, subbed for everyone and immersed himself completely in yoga. Soon Karen realized that he had so much to offer, not only his yoga skills, but as an amazing human who especially stuck by her throughout the covid shutdown that Karen invited him on the 200hr teaching team. It is only natural that he will partake in the 300hr professional training and continue to be on the 200hr teaching team.

Enjoy Jason's very thoughtful classes, combining his knowledge of martial arts, yoga, and soothing music for everyone to enjoy.

Yoga NoHo Center
live, love, and inspire others!