

Jeanne Heileman

Master Tantra Flow & Yoga Teacher

Jeanne Heileman. – MA, 500-ERYT, YACEP, Founder of Tantra Flow Yoga™, Jeanne brings together over 37 years of yoga study with over 26 years of teaching experience into a style of yoga blending asana, Ayurveda, meditation with the skill to positively effect a student's energy.

She specializes in discovering the needs of an individual and gently guiding a student to their own true essence. Jeanne teaches with sensitivity, generosity of spirit, and a lot of humor.

A former ParaYoga Level II Certified Teacher for 8 years, and a senior faculty member of the YogaWorks Teacher Training School, she teaches in Los Angeles for Center for Yoga and online for YogaWorks, Yoga International, Den Meditation and her own Tantra Flow Yoga school.

She is often traveling internationally teaching trainings, workshops and retreats. We are absolutely thrilled to have her be part of the Yoga NoHo Center 300hr teaching team. To reach out to Jeanne directly you can go to her website. www.jeanneheileman.com

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