



Jessica Natalia

Jessica Natalia was born and raised in a small town in California. But she grew up with a large international family that sparked her love for learning about other cultures, especially their approach to integrating wellness with philosophy/spirituality. It was this same love for personal growth and harmony that led her to her first yoga and meditation classes in 2012. However, it was years later when she truly came to know and experience for herself the beauty of the practice, when she found a local class that facilitated the spaciousness she needed to find an internal sense of peace.

What really struck a harmonic chord in her heart was the focus on balance, spaciousness, and mindfulness in the midst of chaotic living. After years of practice, she completed her first 200 HR teacher training in 2021 with My Vinyasa Practice with these principles in mind. Eager to dive deeper and facilitate a safe space for others to feel grounded, she completed her 300 HR teacher training with One Down Dog in 2023.

Wanting to integrate a holistic approach to yogic living and wellness, she began to incorporate the sister science of Ayurveda into her yoga classes. She is currently training for her Ayurvedic Health Counselor certification with expected completion in 2024. With integration of the 8 limbs of yoga and intuitive understanding of the health of the mind/body via Ayurveda, she works with students to presence their experiences.

Jessica Natalia is a 500 hour Yoga Teacher who has led numerous Yin, Restorative, & Vinyasa yoga classes, as well as private and corporate meditations. She loves to add mobility training to her flow classes. This helps to bring in more fluid, meditative movement so that students can flow from a more grounded state. She strongly believes that a consistent yoga practice can bring transformational growth on both the physical and more subtle levels.”

With Infinite Gratitude,