

# Jasmine Kaloudis - Prenatal Yoga

## About Jasmine Kaloudis - Yoga Teacher

Her passion is to empower men and women with a newfound sense of who they truly are and experience authentic connection and community. Jasmine Kaloudis practiced, studied, and taught various yoga styles for 14 years. Jasmine's students experience higher self-esteem, renewed confidence and feeling of community and connectedness. Her classes include a fun and inspiring mix of calm inward focus, high intensity strengthening postures, and deep inward journeying through restorative poses, and simple directions. Jasmine Kaloudis has a background in movement, bodywork and spiritual inquiry that lends itself to fostering an atmosphere of dynamic play, nurturing and growth. Jasmine has lived all over the globe and her multicultural perspective is beneficial with working with people from diverse backgrounds and cultures. Throughout her 15 year practice and teachings, Jasmine has experienced how yoga is a tool which allows us to experience our selves more fully and more richly



"Letting Go". J.F., Jan. 16th, 2011.

"Both the yoga and the meditation brought me so much relaxation. I've struggled a lot and am finally coming to letting it all go. I'm so thankful for getting this opportunity for this yoga retreat."

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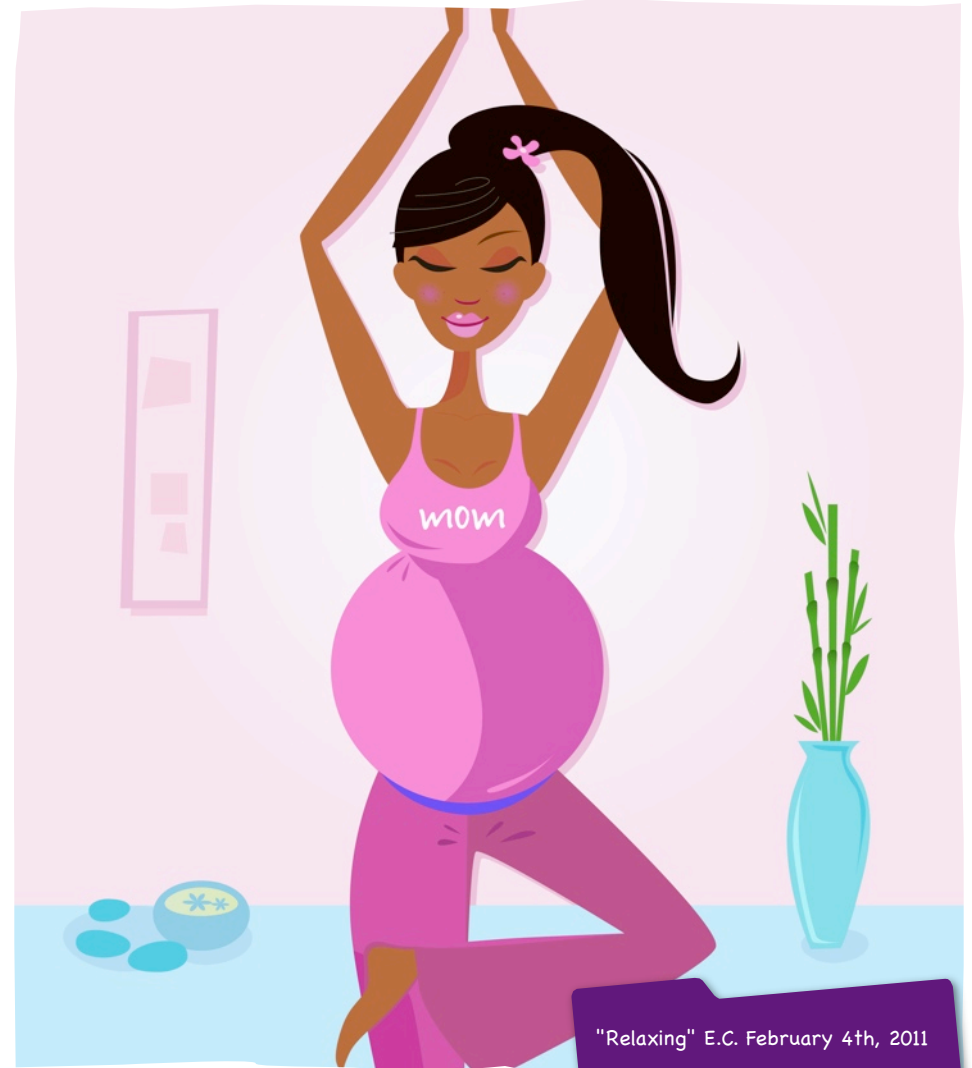
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"Relaxing" E.C. February 4th, 2011

We enjoyed the class and found it relaxing. We both slept like babies last night.

## Float..... Flex ..... Melt.....

### BENEFITS OF PRENATAL YOGA AND PREGNANCY YOGA

A prenatal and postnatal yoga practice can help you

- Support your health before and after pregnancy
- Connect you with other parents who are at all stages of pregnancy
- Improve your postpartum recovery
- Helps to strengthen the body for child bearing and aids in relieving the common discomforts the body experiences.
- Alleviate many of the discomforts of pregnancy such as nausea, constipation, varicose veins, swelling, back pain and sciatica.

"I only attended three classes due to unexpected changes in my work schedule but I truly appreciated your gentle style and look forward to attending your class again.

" Stacia Freedman. July, 2011



### Yoga Credentials and Certifications for Jasmine Kaloudis.

- 500 Hour Yoga Alliance Certified Course from YogaLife in Devon, PA 2009
- 20 Hour – Yin Yoga Training, YogaLife, PA, 2009
- 20 Hour Thai Massage and Yoga, Ken Nelson, Kripalu, 2008
- 100 Hour – Core Strength Teacher Training, Sadie Nardini, New York, 2008
- 50 Hour Restorative Teacher Training from Yoga Fit, 2009
- 20 Hour ChildLight Yoga Teacher Training, Devon, PA 2009
- 50 Hour, Yoga Journal Conference, Work Exchange Volunteer, New York 2009
- CPR, First Aid, Oxygen Certified, YMCA, Winter 2010

## Float..... Flex ..... Melt.....



"It does make a difference." S.R, June 2011

This is my first yoga class, and I am really enjoying it. Best of all I like the way I feel for the rest of the week. It does make a difference.



"A Wonderful Experience" Anna, March 2011.

"Thank you both for the time, the attention and consideration you provided on Saturday evening. I enjoyed myself and felt centered thereafter. You are doing an excellent job and are offering a wonderful experience."



"I am standing straighter!" S.J., June 2011

"I enjoyed the even more gentle class this week. I have been feeling like I am standing straighter which is great!"

