

Jasmine Kaloudis - Media Kit

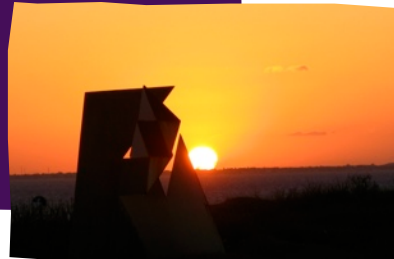
About Jasmine Kaloudis - Yoga Teacher

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. Students retreat to a place of childlike fun and rediscover a sense of play and buoyancy through this life-affirming and soul-touching practice. 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."



"Peaceful and Playful" Jan 17th, 2011. Curtis

A big thank you to Jasmine Kaloudis and Nancy Boudrie for their Healing Retreat yesterday! I left feeling perfectly peaceful and playful.



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

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

synergybyjasmine.com
Based in Philadelphia.
info@synergybyjasmine.com
610.352.1177. EST
Twitter - synergyjasmine
Facebook/Jasmine Kaloudis
Youtube - Synergyjasmine

To receive free yoga tips, videos,
pics please email
info@synergybyjasmine.com and
"Request Free Yoga Tips" in subject



610-352-1177 (EST)

info@synergybyjasmine.com

www.synergybyjasmine.com

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

Yoga Styles/Levels that Jasmine can teach.

- Gentle Beginner Yoga for the Stiff and Inflexible
- Prenatal Yoga
- Intermediate Hatha Yoga
- Vigorous/Vinyasa Yoga
- Restorative Yoga
- Yoga for Ailments (PMS, Headaches, Back Aches, Menopause)
- Partner Yoga/Couples Yoga
- Yin Yoga
- Yoga for Men
- Meditation

"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!

