**Mrs. Joette Grieco**

I was introduced to Yoga when I was in college, and have practiced on and off for many years.  In 2012 the opportunity presented itself to take an YTT (Yoga Teacher Training session) in Vanyasa (flow) yoga.  I have been teaching ever since.  I particularly enjoy helping yoga practitioners to adapt their yoga practice to suit their particular needs.  Ayurvedic Yoga Specialist Training is the sister "science" to yoga for health and fitness.  Using yoga, and nutrition to allow your body to heal itself.

Private consultations available plus I offer classes in Yin Yoga, Resotrative Yoga and private aerial yoga.  I have recently added Reiki Practitioner to my approach to health and wellness.