

An avid gymnast as a kid and teenager, Jamie rediscovered her mind/body practice in 2003 while studying under Marlene Lambert at Westminster College and D'ana Baptiste at Centered City Yoga. With a B.S. in Psychology, minor in Philosophy and a Master's degree in Social Work, she has a heart made for understanding the human condition and attuning to the people around her. Jamie worked as a counselor with people dealing with opiate addictions in 2005 and served as a Peace Corps Volunteer in the Fiji Islands from 2006 to 2008. In addition to school, being a new mom and teaching at CCY, she enjoys her position as a research assistant studying international populations and working with various local communities advocating for mental and physical health and wellness.