

Jane Olsen

Jane was first exposed to yoga as a child by practicing with her Mom at home. She remembers loving the calm and peaceful feeling she got from yoga. As an adult, Jane continued to practice yoga sporadically while becoming a committed runner. Eventually, the running started to take its toll, becoming physically and emotionally draining rather than rejuvenating. It was around this time that she discovered the practice of Ashtanga yoga. She fell in love with the practice and feels like she has found her true home at Sun Dog Yoga Studio, where she completed the 200 and 300 hour teacher training programs.

Jane feels tremendous gratitude for all the ways that yoga has improved her life and is excited about helping other people learn the practice. She believes anyone can do yoga. It brings strength and flexibility and can lead to physical and emotional healing. Jane feels that yoga helps people to learn patience, face fears and limiting thoughts, and to live with more gratitude. In addition to teaching yoga, Jane teaches high school math. She enjoys spending time with her 2 sons and large extended family, cooking, hiking, biking and being outdoors.