

Jessica Pollner

Jessica began practicing yoga in 2000 and quickly became hooked on the sense of balance it brought to her life. She completed a vinyasa teacher training in 2003 in Washington, DC and began teaching soon after. She has participated in many workshops, including the Yoga Babies Teacher Training with Gail Silver, and a prenatal workshop with Sue Elkind. In 2012, she completed the 200 hour Anatomy of Yoga Teacher Training at Sun Dog.

Jessica began teaching prenatal yoga shortly after the birth of her first child in 2007. Now a busy mom of 3, she knows how important it is to make time for yoga. She has helped many students find strength and calm during their pregnancies by coming to the mat. Jessica has a Master's in Social Work and appreciates the mind-body connection and the sense of community gained from practicing yoga, during pregnancy and beyond.