

Jenny Earle

2008 200-hour
yoga teacher
training certificate
2015 100-hour
certificate in
Restorative and
Therapeutic Yoga



I think yoga is a life long journey. As soon as you feel you have a pose down, SURPRISE there is more to learn. It is not just about the anatomy and many layers of a pose. There are many other elements such as the spiritual practice, breathing, yoga nidra, restorative, therapeutic, chanting, meditation, and Ayurveda as well. We are lucky to have people like Janet and Victor right here in Tulsa! They are on a lifelong quest of continuing to educate themselves and pass along what they have learned and practiced. I love continuing my education and delving deeper into my own practice. Yoga Spirit Academy is able to give that to me in an atmosphere that is encouraging, nurturing, safe, and true to the practice of yoga. I highly recommend the advanced courses to any student or teacher.