



Whitney Jayne Walby is a 500 hr Registered Yoga Teacher. She has been a yoga practitioner since 2014. Whitney credits yoga with drastically changing her life. The physical and emotional challenge of her first encounter with yoga made her hungry for more. It helped her navigate change in how she was living her life. Most importantly it helped her learn how to be kind to herself. Yoga helped Whitney build a relationship with herself, something she thought was impossible. It created a connection that was peeling back layers, allowing her to be present and grateful for what she had in my life. Currently Whitney is an instructor at Hot Yoga Plus in Memphis where she has led over 1000 classes. Whitney's goal is to help guide people along the same path of growth, love, and inspiration that yoga has brought to her life. Join us... learn to be present, smile, connect, disconnect, and feel the changes wonderful changes yoga and meditation can help you with.

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