

ABOUT JESSICA BLANCHARD:

Although Jessica is a native of New Orleans, Louisiana, she lived outside of the U.S. from 1998 to 2007. Before returning to New Orleans in October 2007, Jessica taught full time at Yoga Thailand, a dedicated Ashtanga Yoga Retreat centre, in Koh Samui, Thailand. Jessica makes frequent trips to India, especially to Mysore to study with Sri K. Pattabhi Jois, who gave Jessica his authorization to teach in 2006. Since 2003 Jessica has studied *pranayama* (exercises to extend the breathing cycle) and philosophy with Sri O.P. Tiwari, one of India's masters of *pranayama*, head of the Kuvalyadham institute. Jessica began studying Ayurveda in 2003 with Atreya Smith, head of the Europe Institute of Vedic Studies. She has also studied ayurveda in India with Dr. Sunil Joshi, one of India's leading Pancha Karma specialists. Jessica currently teaches Ashtanga Yoga, Pranayama and practices ayurveda in New Orleans, Louisiana.

After graduating with degrees in Sociology & French, from Bryn Mawr College in Philadelphia, Pennsylvania, Jessica began working for Accenture (then Andersen Consulting) in Manhattan. In 1998 she transferred to an office in southern France. Behind all the glamour of working in Europe and having a good income, something was missing. While in Dublin, Ireland, Jessica found a beginner's Ashtanga class, and was immediately taken by the calm, tranquil state of mind brought about by the series of dynamic postures. Jessica first met Sri K. Pattabhi Jois in 2002 at the world tour in London, and was impressed by his ability to uphold a lineage based on the direct teachings of his guru. Shortly thereafter, she attended a workshop with Paul Dallaghan, and decided to attend his teacher's training program in Thailand. The training was a remarkable experience, and opened Jessica's eyes to other profound aspects of yoga, like *pranayama*, philosophy, *kriyas* (yogic cleanses), and how important the diet and lifestyle are to supporting a practice. During the training she met Sri O.P. Tiwari, from the Kuvalyadham, a center established in 1932 dedicated to the study and teaching of yoga according to the traditional texts. 'Tiwariji' has become a very close guide in her spiritual growth, especially focusing on *pranayama* practice, and from him she learnt that yoga is an all-encompassing art and science of life, not something that is solely practiced on the mat. After the training, Jessica began teaching part time in Paris, and enrolled in an Ayurvedic Practitioner's Training at the European Institute of Vedic Studies. Ayurveda is a sister science to yoga, an alternative medicine which uses food, herbs, and yogic practices to treat disease and to maintain health. Jessica is strongly committed to the study and practice of Ayurveda, completing an intensive training course with Dr. Sunil Joshi, who is one of India's leading specialists in Ayurveda.

You can find more information about Jessica, Yoga, and Ayurveda on www.balancedyogi.com.