

JOGA® JI

Testimonials from Joga Trainers

"I truly believe in Joga and the impact it can make on athletes as individuals and how it creates a cohesive group/team bond. Joga is a well-structured system that is incredibly important and beneficial in athlete's lives/careers for injury prevention, increased performance and overall mental/physical well-being. As an Athletic Trainer I feel there are many injuries that can be prevented and this is one program I wish I had years ago to implement in teams I have worked with. As I went through the Joga Training Program all I could think was how I can relate and apply each movement to sport specific movements and the physical benefits for each. I just recently received my Master's Degree in Exercise Science, and I can really appreciate the physiological effects that Joga has on the body that helps athletes immensely. Jana's way of implementing and balancing strength, biomechanics, anatomy, physiology all in one program is extraordinary. Joga is one program I would promote to everyone under the sports medicine umbrella."

LeeAnne Ketchen-Gullet, M.S., ATC, Brandon, Manitoba

"Since becoming a certified JOGA ambassador in 2011, I have worked with the Toronto Argonauts, the NHL players from the Gary Roberts High Performance centre, Olympic athletes and I'm now a JOGA Master Trainer, hosting JOGA trainings of my own. I've gained incredible amounts of personal and professional growth upon getting involved with JOGA and I'm so excited to be a part of something that is on the brink of becoming a global success."

Janey Brown – Joga Master Trainer

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Joga changed my life. I was in a disabling car accident at 19 yrs old and was completely unresponsive to any treatments over the course of 7 years. I became sedentary; I couldn't work, I lived in constant pain and had lost a successful banking career. I then had a traumatic lung puncture that caused further damage to my body and my pain escalated to a dramatic effect.

When I found Joga my life changed. The training is incredibly informative, technical and accurate. Joga is a system that is revolutionary. Coming from a yoga background Joga is more precise, controlled, functional and simply makes sense biomechanically. Movements are not found through full expression, they are found through postural integrity. This is a distinct difference between yoga and Joga. The system teaches people how to move their bodies safely.

Through my own Joga practice and instruction my body became strong again. I experienced changes physically: more toned, muscular, athletic, increased body awareness but it also helped me gain strength mentally and emotionally. It was changing me.

As a Joga instructor I saw these same benefits in other people; in their bodies and minds. I was inspired to share it with as many people, teams and athletes as possible. I began training local football, hockey, curling, soccer and ski teams in addition to disabled persons and chronic pain sufferers. I also taught it at yoga and pilates studios. I later made the move to Vancouver to continue growing the movement.

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Through the support of the Joga Company, and the training itself I am honoured to say that **I am currently the Joga and yoga trainer for the Vancouver Canucks, Vancouver Giants, BC Lions, and Vancouver Whitecaps FC U16 and U18 teams.** Joga gave me the opportunity to instruct multiple sports teams at the highest level possible. Not a day goes by that I don't live and breathe this system. Yoga has tremendous benefits, but Joga takes it to a scientific level, one that is understood by some of the greatest minds and bodies in sport and competition in the world.

To anyone wanting to work with athletes, rehabilitation settings, yoga, etc. I would highly recommend taking the Joga training. The information from the course will last a lifetime and truly has the ability to change people's lives for the better.

Bianca d'Errico BBA, RYT - Joga Master Trainer

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“Bobbi has been a practicing physiotherapist since 2009, and is currently a partner at Dynamic Physiotherapy and Sports Injury Clinic. She obtained her NSCA – CSCS designation in 2004, and founded Outperforme Athletics. Outperforme is a strength and conditioning company that is dedicated to helping local athletes achieve success. Our clients include young local athletes just starting their athletic careers; local fitness enthusiasts; triathletes and marathoners; athletes competing at the CIS level, provincial level athletes, professional athletes (NHL, AHL, Professional European Hockey) and Outperforme has been represented internationally at the Winter Olympics in Sochi 2014 in Canadian Pairs Figure Skating and Women’s Curling. Since we care so much about every one of our clients, we only introduce the highest level of quality into their training programs.

Biomechanical efficiency is a cornerstone of both Dynamic and Outperforme. When Bobbi was introduced to Joga, she realized that optimal movement patterns were also foundational to Joga and the Joga program was well aligned with current research trends in human movement and performance. There was no doubt that Joga would become an essential component to Outperforme’s training programs, and could be implemented as a component of her physiotherapy practice. Joga’s emphasis on mobility while protecting the joints; stability with proper alignment; and integrating core/breathing into movement patterns make it an ideal program for active individuals and athletes. Bobbi has seen many significant changes in her own body as she has been practicing Joga. Regular Joga practice has allowed her to set and achieve mobility goals as she consistently moves closer toward Joga benchmark postures.”

Bobbi Schram BScPT, Physiotherapist – Dynamic Physiotherapy & Sports Injury Clinic, Brandon, Manitoba

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“Joga Teacher Training has been an incredible learning experience. In combination with my yoga training it has taken my teacher, education and ability to work with various bodies and injuries to the next level. Joga Teacher Training is a valuable experience and a wealth of knowledge that no other teacher training I have done has come close to. I highly recommend to anyone considering it not only to deepen your skills as a teacher but to for your development of your own body awareness and strength. Joga program has strengthened my body and shaped me in ways that no other program has done.

I strongly feel Joga has created many opportunities for my career that would otherwise have been overlooked. It has opened the door for me to advance into teaching professional athletes and high profile clientele. It has also created many teaching opportunities at various studios, gyms and events. I have been teaching at various locations throughout the city to those looking to get into shape as well as to OHL players and the Toronto Argonauts.”

Rachelle Wintzen, Certified RYT, Certified Clinical Iridologist, Toronto, Ontario

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“I could not be happier in my decision to take the Joga Teacher Training. As a personal trainer since 2008 I always knew I wanted to obtain a yoga certification. When I heard about Joga I knew this was the perfect training to enhance my personal practice, as well as my clients. I now feel more balanced and rounded as a trainer being able to offer private, small group and team Joga Sessions. Instead of asking my clients to take a yoga class on their own, I have now been able to incorporate Joga into their training programs. The results have been amazing, allowing my clients to find more balance and range of motion in their bodies, efficiently breathing for our other training sessions and more body awareness for injury prevention. I have taught Joga to a wide range of clients such as: lifestyle clients, hockey (NHL, AHL, WHL, Junior A, AAA, etc.), football, baseball, soccer, cheerleading, ballet, martial arts, highland dancing, cross country skiing, and track and field. I look forward to continuing my training as Joga instructor to help pass along the practice and all the benefits that go with it!”

Giulia De Leo, Bachelor of Kinesiology, Certified Strength and Conditioning Specialist, Winnipeg, Manitoba

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“Having lost 172 pounds, fear of regain motivated me to seek out something different than a regular gym routine. I found her practice by accident after joining a local gym and was immediately hooked because I was determined to correct my biomechanics and erase the years of poor posture that accompanies being an obese 320-pound person. Jana and her Joga practice has been key for me in three vital areas: weight maintenance/loss, building lean muscle mass and symmetry.

Joga is really the great equalizer as I participated in classes amongst professional athletes and Olympians; all of us sweating and working on our weaknesses to become better in our lives and chosen paths. I am internally grateful for having been introduced to Joga and to Jana, and will continue to be a follower of her series as a way to celebrate my choice to live a healthier and more peaceful life.”

Katherine Dunnell

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“I began my training with Jana Webb in the summer of 2010, when I was sixteen. Working with Jana transformed me physically, mentally and spiritually! Intense physical postures strengthened my core and joga butt! Breath-work and meditation inspired mental clarity and focus- I am a first year, full-scholarship student at the University of Calgary, majoring in psychology and sociology. I apply Joga’s teaching of balance to my life, by managing my time between school, teaching yoga, volunteering, leadership, international travel and family and friends.

Joga’s emphasis on gratitude inspired my spiritual growth, by giving me the confidence to boldly pursue my dreams.”

Jessica Johnson

“Joga takes the practice of yoga beyond just a physical experience. It focuses on strength, flexibility, injury prevention and physical endurance. It can assist teenagers and young women in finding a sense of awareness in both mind and body and can lead to increased self-esteem and confidence. Practicing Joga can be very beneficial in allowing individuals to find strength and courage as they realize their physical capabilities and the benefits that joga has to offer. Overall, Joga offers numerous health and wellness benefits to a wide audience or participants of any age. ”

Kat Lee