

JOGA® JI

Testimonials from Coaches, Experts, and Facilities

“Yoga can be an integral part of the off-season training of any athlete. It is important, however, to find an instructor who understands the demands of your sport and the strength and conditioning program. Jana and the Joga staff have a done a great job of tailoring a program to meet the needs of my athletes and are willing and able to customize their sessions based on my feedback.”

Matt Nichol, Strength and Conditioning Coach, Creator of BioSteel Sports Supplements

“Joga is a completely unique movement system that can be integrated into any training program. The program is designed very specifically to attain a very specific result. The micro-movements strengthen the smaller muscle groups and core, while teaching the practitioner body mechanics and kinetic movement.”

Brendan Brazier, Formulator of Vega’s nutritional products, Former Professional Ironman Triathlete

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"I was looking for something new and that made sense with how my players move. This is when I was introduced to Joga, a movement based program to help my players recover and maintain strength and mobility without sacrificing time. I felt it was an effective way of training."

Bill Burgoss NBA Head Strength and Conditioning Coach

"Over my 19 years in the fitness and strength and conditioning industries I have met and worked with many yoga instructors. What puts Jana in a class above the others is that she understands the needs of the athlete. Jana designs her sessions so they are specific for my individual clients, while taking into consideration their full personalized training plans. I trust Jana with my clients because I've seen the results!"

Sean Hope-Ross, Director of Strength and Conditioning, National Sports Development

"Joga takes into account different body types, specifically those people who start off inflexible and gets them moving. That simple movement, love, and the creation of memories is the purpose of life. We are alive for a short time to enjoy the planet, share moments with friends and move. So go out and do it. Use your body, find your health and restore that energy of your youth. Take a deep breath and enjoy life. "

Jordan Cieciva, Health and Fitness Expert Workplace, Wellness Specialist

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“Bianca was a great addition to our eight day pre-season training camp in Costa Rica this past August. She was able to study our athletes and adapt her service in a way that greatly benefited our players.

Bianca's introduction of Joga to our group brought a very different element to our demanding training schedule. It provided us with an opportunity to give the players a new physical and mental experience that we are not able to provide as coaches.

The players welcomed the change and her energy as she naturally became apart of the team over just a short period of time.

I would highly recommend Bianca as an addition to any athletic staff looking to adopt Joga into the regular weekly training plan or it just be for a short training camp such as ours.”

Alan Koach, Head Coach - Men's Soccer, Simon Fraser University

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“It is a great pleasure to recommend Ms. Jana Webb and her JOGA program to any professional sports organization looking to reduce injuries and increase the flexibility of their athletes. JOGA has been a vital part of the resurgence of the Toronto Argonaut Football Club since 2010 when she instituted her program and begin training our athletes both during the season and more often in the off-season. We found her program was much more effective than the traditional rundowns that have been done in football the day after games for years. JOGA not only relieved much of the soreness that happens with our athletes the morning after a game, but stretched the muscles in a manner that reduced our injuries over the year. As a coach and general manager it was obvious that in the second and third year the players better understood the program and the results became much more evident. Muscle pulls became rare and their pliability allowed them to absorb hits and withstand some of the twists and turns common on the football field.

Jana is a true professional. She has devoted her professional life to the development of JOGA as a vehicle for professional athletes to stay injury free and increase their flexibility and ultimately performance. She has trained instructors throughout North America and is now involved with professional organizations in the United States and Canada. Her instructors exhibit the same professionalism as Jana and are trained in dealing with high level athletes from a variety of sports.

Obviously I am a huge believer in the benefits of JOGA for any professional sports team as flexibility and body balance are vital to all sports. It is an innovative concept and worthy of consideration by any organization looking to reduce injuries and improve performance.”

Jim Barker, General Manager of Toronto Argonauts

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“Hosting Joga teacher training at Yoga Public was an overall great experience. Jana is not only incredibly knowledgeable but also professional and sincere. The Joga teacher training brought in students from all kinds of athletic backgrounds making it unique and interesting. Jana included sessions with professional sports players so the teacher trainees could view an athletic body in the Joga series providing them with hands-on experience.

Joga was such a valuable training; it opened up our studio to a whole new style of yoga. Due to an overwhelming response for bringing her back for a second training, we are thrilled to announce that Joga will be back at Yoga Public this Fall. ”

Sam Chisick

“We have hosted a Joga training course at our studio twice and we are currently looking to lock down 3 more dates.

As a business owner, there is no easier way to generate revenue. Hosting a workshop that is this professional, reputable and one that attracts this much buzz is an all around win. The Joga training course also works around many of our classes so that we can still please our loyal clients.

If you are looking to maintain or build a reputation for being cutting edge in the fitness field, the course to associate your studio with is Joga.

Jana’s character speaks for itself, and with a program that is this reputable, there really is nothing to lose. ”

Marea Taylor, Business Owner, Director Of Marketing, energyXchange life and body science