

Inspiring the Wash Park Community, One Asana at a Time with Jeanine Morocco



Despite only joining the Wash Park neighborhood this past April, yogi and health enthusiast Jeanine Morocco is already making headway in the community. Through practicing and teaching yoga, Jeanine discovered the importance of prioritizing her own wellness. Now, she finds fulfillment in helping others experience the benefits of maintaining a regular yoga practice.

"Throughout my life I tried every sport and extra-curricular activity under the sun, but nothing resonated with me," she explains prior to discovering yoga at Bella Prana Collective in Tampa, Florida back in 2018. "I committed to taking a class almost every day. I [had] finally found something that made me feel content in my body and mind."

Jeanine began teaching right away after completing her 200-Hour Yoga Teacher Training in 2019 and has since expanded her brand through colorful social media tips that cover everything from recipes to full-length yoga workouts for all levels of ability on her youtube channel. "I wanted to share my love for yoga with others and create that safe space for them as my teachers had done for me," she reflects.

Through her experiences, Jeanine has learned that yoga is more than just a workout, but also a form of movement therapy that brings you into the present moment.

While Jeanine teaches a variety of styles and accommodating needs, she is most inspired by vinyasa flows because of its connection of breath to movement.



"It is a full body workout that is gentle enough on the body that I can do it every day and it allows me to clear my mind," she says.

Through Jeanine's in-person classes at Black Swan Yoga, YouTube videos, and Instagram reels, she shows residents how a daily yoga practice can improve flexibility, strength, balance, posture, and reduce pain. It can also encourage better breathing to calm the nervous system, enhance blood circulation, reduce stress and depression symptoms, and even improve body and mind awareness.

Each person's relationship with the practice will differ depending on their needs, and so Jeanine recommends finding what works for you. This can mean starting the day with a long body stretch while in bed and doing a body scan to notice how you feel physically and mentally. It can also look like, in moments of overwhelm, focusing on your breath for one minute while breathing in deep inhales and long exhales. Or, it can be pausing to stand up and take gentle neck and shoulder circles and hang out in a forward fold for a few moments while at your desk job.

"I hope my work as a yoga teacher impacts others in a positive, life enhancing way. I hope to create and maintain lifelong relationships built on trust and good intentions that I will always have my students' best interests in mind. I hope as I share my love for yoga, that others will learn to love it too...continuously growing the yoga community."



To connect with Jeanine, you can visit yogawithjeanine.com, follow her on Instagram @yogawithjeanine, or subscribe to her YouTube channel, Yoga with Jeanine. Catch her at Washington Park on select Thursday evenings at 6:00 pm to join her donation-based group yoga classes and at Black Swan off South Broadway every Tuesday at 4:30 pm and Wednesday 6:00 am.

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