

# Lindsay Jamison Art & Yoga



## **Offering:**

Live Painting

Yoga Classes & Workshops

Hatha

Yin

Vinyasa

Slow Flow

Children's Yoga

Meditation

Mindful Mandala Workshop

Vision Board Workshop

## **Bio:**

Lindsay Jamison, RYT, is a visual artist and certified yoga instructor based in Philadelphia, Pennsylvania. She loves traveling, being immersed in nature, exploring the unknown, creating mixed media art and inspiring people to pursue their truth. Her mission is to empower the community with mindfulness based practices via art, yoga and meditation for healing and deep personal growth. Currently, Lindsay has a thriving yoga business and creates mixed media art ranging from medallion and found object sculpture, to mixed media paintings and drawings.

**For more information or for bookings, please contact me.**

[www.lindsayjamison.com](http://www.lindsayjamison.com)

Lindsayjamisonyoga@gmail.com

(267) 608-9776