

A place for peace, strength and healing



Wildwood Yoga & Wellness is a place where people of all ages and levels can come to awaken their hearts and open their minds and bodies through yoga, meditation and bodywork.

"It is a place to gather, create connections, provide resources and be a community where people see the good in each other," said certified yoga instructor and owner Jill Dunlap.

Jill has been practicing yoga for over two decades and counting and has over 2,000 hours of immersion and teacher training studies.

Jill said yoga is something that everyone can reap benefits from.

"Some people need strength, some need flexibility, some need relaxation and some need movement to clear the excess energy that shows as anxiety. We offer lots of different styles and classes to meet people where they are," she said.

Jill and her highly-dedicated, vetted expert instructors bring decades of experience to every session. "We offer many things beyond just physical movement," Jill said. "We offer services such as Reiki, sonic massage or sound healings that work on the subtle energy body to help clear blockages of energy that can eventually manifest as illness in the body or mind."

Just like their name says, yoga and overall wellness are staples of the studio.

"We want to guide you back to the place inside that resets you at a deep level where healing can occur," Jill said.

Whether you're looking for a new way to exercise or for a place to find solace while the kids are in school, Wildwood Yoga & Wellness is the place to find tranquility amidst whatever chaos life throws your way. Stop in and see the new studio or for a list of upcoming classes and a studio schedule, visit www.wyogastl.com



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WELLNESS

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