



### About Well Nest's Yoga Teacher

Janis Hashe began studying yoga at age 14 out of book her dad gave her. She's continued to practice since, commencing formal teacher training in 2000 with renowned yoga instructor Naader Shagagi, both before and after he opened his own studio in Pasadena, CA, Yoga Kingdom Sanctuary.

In addition to teaching yoga, she is the contributing editor of *The Pulse* alt-weekly newspaper, the founder of Shakespeare Chattanooga, and an adjunct professor in speech and theatre at Chattanooga State.