



Aiyana Lajeunesse

As the new owner/operator at Yoga Pilates & More, Aiyana loves getting to know everyone involved in the studio and strives to understand how to best serve the health and wellness needs of this community. Aiyana has enjoyed practicing yoga for a dozen years and feels very fortunate to get to share her passion with others in classes four times a week. Her wish is that students get that wonderful feeling of peace and knowing that everything's gonna be alright. Expressing our true selves through movement, chanting and meditation is a beautiful thing and we are truly blessed to have the opportunity to explore these paths together.