

Jaime offers a feel good mind and body connection through Yoga and Thai Massage. She can help ease tension and bring your body into deep relaxation.

You can schedule a private Yoga lesson, Thai bodywork (women only), or show up to a class at one of the locations listed on the schedule. ----->
Pricing varies at different locations

Thai Massage is a unique style of bodywork using acupressure on meridian lines, rhythmic compressions, deep stretches, and assisted Yoga poses. Sessions are 1.5 hours \$150

Package deals available for group/private yoga guidance, or Thai massage. (805) 705-5345



YOGA CLASSES WITH JAIME POWELL

MON/WED: GOLDEN HOUR VINYASA @ TOSHA 4-5

MON/WED: VINYASA @ THE CLUB FITNESS 5:30-6:30

TUES: AVAILABLE FOR PRIVATE SCHEDULING

TUES/THURS: SCULPT & FLOW @ VIBES 10:30-11:30



JAIME POWELL



Jaime Powell has been practicing and teaching yoga for the past 14 years and has been a body worker for the last 16. She moved to the Arcata area in 2017 and brought her passions with her. Her love of the healing arts developed professionally in 2004 when she became a certified massage therapist from the Santa Barbara Body Therapy Institute where she focused her energy into Thai bodywork. Jaime's intrigue with anatomy and technique lead her in 2005 to turn her attention to practicing yoga and in 2010 became a certified teacher. An ever-evolving student, she believes that growing into conscious evolution takes a lifetime. Jaime is dedicated to raising awareness of the mind-body connection through Yoga and massage. And with a playful perspective, an open heart and mind, we can transition through the growing pains with love and grace. She holds the intention for your body's wellbeing with gentle, loving guidance in all she offers.