



DANIELLE JONES-STRACHAN



Yoga Teacher

Yoga can help us regulate, restore, and reimagine the stories we carry in our bodies. My approach is grounded in equity, healing, and a playful exploration of what becomes possible when we move with care.

YOGA TEACHING EXPERIENCE

EVOLUTION YOGA ATLANTA

JUNE 2026 – PRESENT

INSIGHT TIMER APP – VIRTUAL

FEB 2026 – PRESENT

DEKALB COUNTY PARKS & REC – VARIOUS LOCATIONS

JUNE 2025 – NOV 2026

THE YOGA HIVE – ATLANTA, GA

FEB 2024 – PRESENT

VISTA YOGA – DECATUR, GA

OCT 2024 – PRESENT

BHAKTI YOGA MOVEMENT CENTER (BYMC) – PORTLAND, OR

MAR 2019 – DEC 2023

WORKSHOP HIGHLIGHTS

- Embodied Liberation @ BYMC, Portland, OR
 - Jan 30 & 31, 2026
- Asana Lab @ The Yoga Hive, Atlanta, GA
 - Nov 29, Dec 6, Dec 13, 2025
- Disaster Resilience Learning Network (Virtual)
 - May 7 & 21, April 4, 18 & 25, May 2, 2024
- Wild Diversity's BIPOC Wellness Weekend (Breitenbush Hot Springs, Detroit, OR)
 - Sept 22–24, 2023 & Sept 17–19, 2021
- Holding Space for Climate Grief, Sitka Center, OR
 - July 9–10, 2023



danielle@rootsrise.earth



501-351-2604



rootsrise.earth



insighttimer.com/daniellemjones

SPECIALIZATIONS

- Hatha
- Vinyasa
- Restorative
- 26&2 Original Hot Yoga
- Eco-somatic
- Trauma-informed & accessible yoga
- Virtual yoga

QUALIFICATIONS

- 2019 | 300hr YTT – Bhakti Yoga Movement Center (Portland, OR)
- 2026 | 200hr YTT – Esak Garcia 26&2 (Atlanta, GA)

Client Testimonial



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**YOUR CLASS HELPED ME
COME BACK INTO MY BODY**

— SCARLETT

Client Testimonial



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**I DIDN'T THINK YOGA WAS FOR
ME UNTIL I TOOK YOUR CLASS.**

I've tried several “beginner” classes where they called out poses without explaining them. In your class I felt welcomed, your directions were clear, and we built skills throughout the class.

— POCO YOGA PARTICIPANT

Client Testimonial



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**I FEEL MORE EQUIPPED TO
SHIFT FROM THE INTELLECTUAL
& THEORETICAL INTO ACTUALLY
EMBODYING LIBERATION**

— EMBODIED LIBERATION PARTICIPANT