



Meet PianoFest's Yoga Instructor

My name is Carolyn Jones and I am the Assistant Director of Community and Student Engagement with Residential Living here at Washburn University. I started practicing yoga in 2015 and received my 200hr Yoga teaching certification in 2018.

Yoga felt like the first time I was doing movement fully for me. Not to be less and with no end goal - just to move breathe and be in my own body.

A few years after getting certified to teach I became a competitive powerlifter. Most recently I enjoy spending time with my 5-month-old daughter, Aspen who loves to go for walks with my husband - Dr. Tucker Jones (also a professor at Washburn) and our rescue dog, Diddy. Banjo, our rescue cat, then enjoys the house to himself.

I look forward to sharing my yoga practice with you.

Carolyn Jones
(Sometimes known as Yoga Jones)