



Jamie Roth

Jamie started her dance instruction at the early age of 3 at Crystal's School of Dance in eastern PA. She was trained in a variety of styles including but not limited to: Ballet, Tap, Jazz, Lyrical, Contemporary, Modern, Hip Hop, and Mojah. After years of studying dance at Crysta's School of Dance, she was inspired to become a dance instructor and found her passion and love for choreography.

Jamie holds a Bachelor's degree in Psychology from The Pennsylvania State University. While at Penn State, she had continued her dance training taking courses focused in Modern & Mojah styles, performing in local theater events including Cultural Conversations, and attending the American College Dance Festival Association Conference. She had also performed with and was a choreographer for Ambitions Dance at Penn State.

She began her practice of yoga in 2010, where she took one class for fitness and relaxation, not realizing the positive impact it would forever have on her. She elevated her yoga practice by becoming a 200 hr, certified yoga instructor through the Yoga Alliance, and she is certified to teach Aerial Yoga. She welcomes the thorough learnings about movement and anatomy offered by yoga.

Her passion is choreography and education through movement, and she is excited to be a member of the MindBodyArt Team!