

About Jessi

Holistic Fitness Trainer, Yoga Teacher & Massage Therapist

Hi, I'm Jessi!

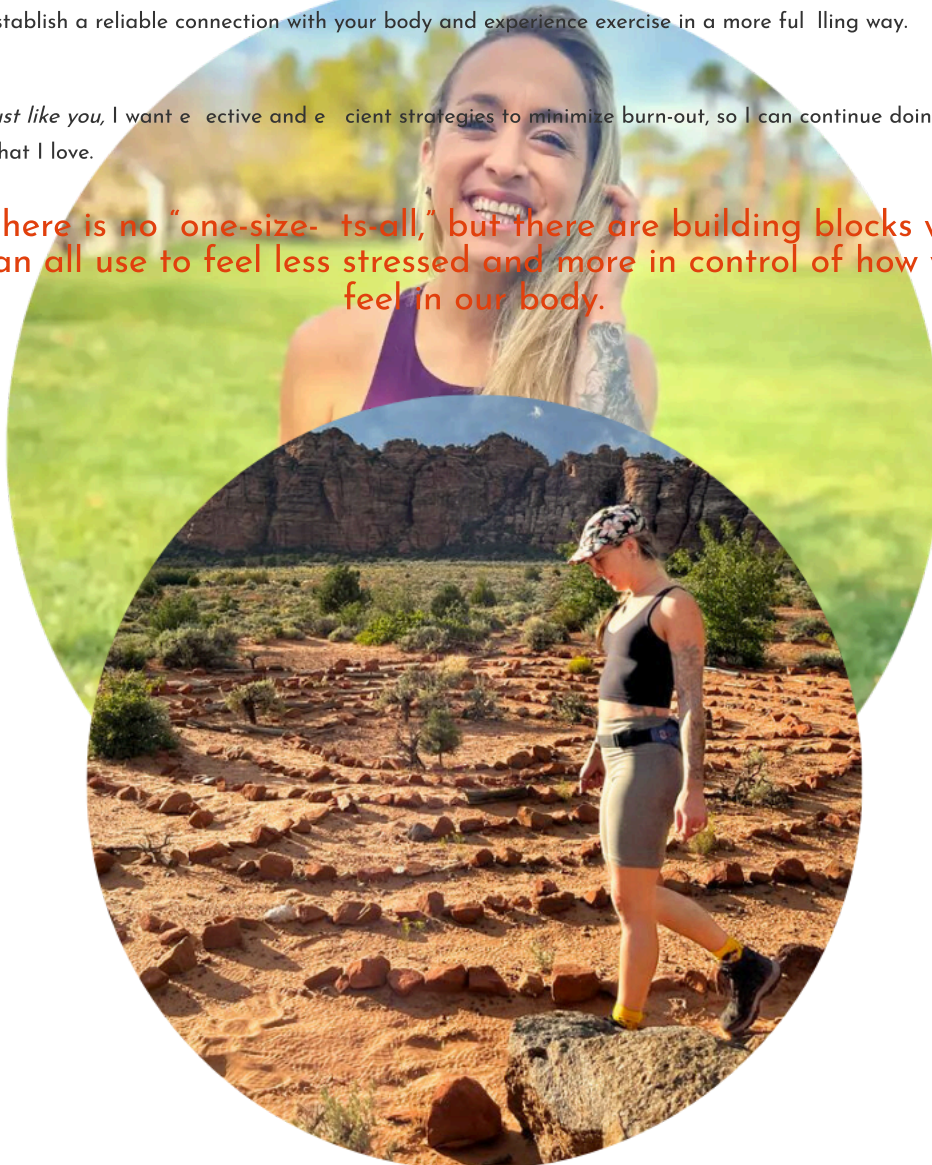
I create **customized health and fitness plans** that connect you with your inner strength and allow you to move through life feeling confident in your body.

With over a decade of experience in **Yoga, Pilates, Strength Training, Massage Therapy and Mindfulness**, I help people of all ages and fitness levels reframe their relationship with movement.

I focus on helping you **create stability through breathwork and core strength**, so you can establish a reliable connection with your body and experience exercise in a more fulfilling way.

Just like you, I want effective and efficient strategies to minimize burn-out, so I can continue doing what I love.

There is no "one-size-fits-all," but there are building blocks we can all use to feel less stressed and more in control of how we feel in our body.



As a fellow go-getter, I crave the fulfillment of being able to do it all. So, I'm always on the hunt for tools that help me adapt to change, provide more natural energy and keep movement pain-free.

I've been an athlete my whole life. I started playing soccer when I was 5 years old and I played competitively through college.

Years of playing competitive sports taught me so much about hard work and being on a team, but they encouraged an all-or-nothing perspective to exercise that led to several major injuries and chronic physical pain.

As a young adult, I was always busy, I studied theater, visual arts, music and marketing. I acted in plays, sang in choirs and bands, was on the event planning committee for a college club, all while working multiple part-time jobs.

After college, I felt drawn to become a "business woman," so I got a corporate job, which I worked for several years.

But I struggled to settle my high-energy down behind a desk. And sitting for long hours led to increased anxiety and pain from my sciatica.

My body started screaming at me, I was desperate for a new fitness regimen that would serve my business career lifestyle, my mental health and my need to stay active.



Weekly yoga classes were the only thing that gave me relief. The unique physical and mental challenges empowered me to feel strong in my body again.

Soon, I no longer depended on my weekly chiropractic adjustments and my body began to transform from aggressive (and anxious) soccer-beast into graceful-lioness.

“Yoga quickly became a lifestyle tool and I wanted to learn more.”



In 2012, I quit my corporate job and I graduated from a 200-hour Yoga Teacher Training. I was passionate to share this miracle drug of yoga and I started teaching right away.

The focus I experienced in my yoga practice reminded me of the joy I felt playing soccer, but without the anxiety of competition. For the first time, I was learning to trust the intelligence of my body.

The benefits of practicing yoga went far beyond my mat. I became more conscious with my communication. I began to release some of my perfectionist stress. I slept better and I began to liberate my creativity and artistry.

"Jessi knows her stuff. I tried out lots of trainers before I found Jessi, but none of them knew functional anatomy or could correct my form like she does."



Mike S.

Being a Yoga Teacher opened a world of possibilities for me. I quickly leveled-up my training. I immediately enrolled in a 300-hour Yoga Teacher Training and then a 6-month anatomy and kinesiology intensive course.

After that, it was a snowball effect, and I became certified as a Personal Trainer, a Strength & Conditioning Coach, then Zumba, Spin, TRX and Pilates.





In 2019, I co-created a 200-hour Yoga Teacher Training with Stella Luna Yoga School.

I lead workshops, retreats and train eager yoga teachers about functional anatomy and the importance of safe sequencing.

In 2020, I graduated with a certification in massage therapy from Panacea Holistic Bodywork College and became a licensed massage therapist. This more hands-on approach to wellness provided a deeper perspective on how I can help others feel better in their bodies.

Over the past 12 years, I've taught in sports training facilities, yoga and pilates studios, fitness gyms, and worked privately with clients throughout southern California and now Las Vegas. I also spent

several summers traveling with Nike's Elite Youth Basketball League as the recovery trainer and Yoga for Athletes specialist, representing CytoSport's Muscle Milk.

And I now run my own online business - creating customized plans for individuals, businesses and corporations who are looking for an effective way to incorporate more health and fitness into their regular routines.

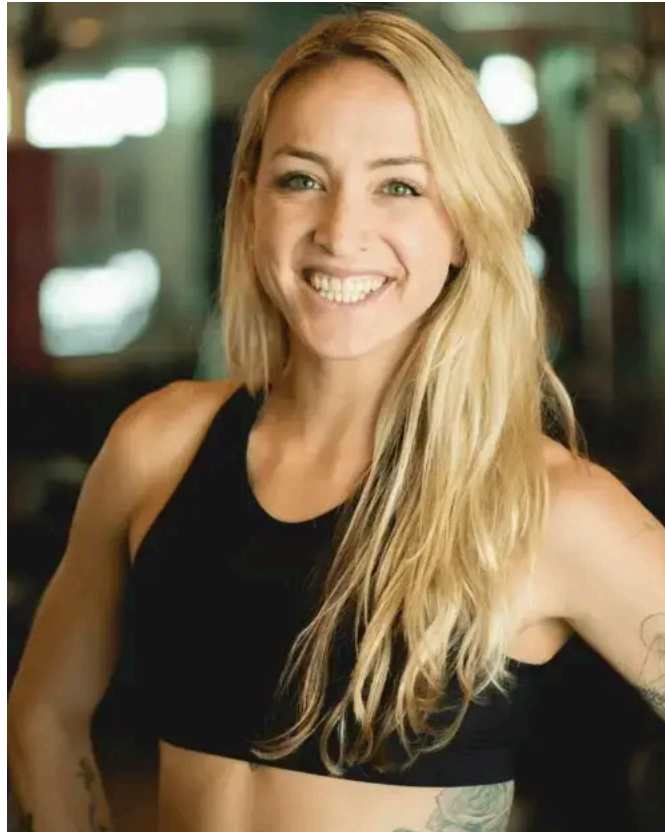


Through one-on-one coaching, online programs, workshops, Yoga Teacher Trainings and Retreats, I provide the space and strategies to inspire you to befriend movement in a way that keeps you active, injury-free and full of vitality.

"Jessi does an amazing job of keeping me motivated for healthy living is contagious. She pushes me to finish that last rep or that last squat. She is creative in her workouts and leads her energy!! She takes the time to show us the "right" way to avoid injury. I have a bad knee and she makes sure to push me the right way and provides alternative methods to avoid issues. She checks in with positivity & holds me accountable can't wait for the next round!!! She's a rockstar!"



Timarie B.



Ask Jessi

- ▶ What CERTIFICATIONS do you have so far?

- ▶ What would you say you SPECIALIZE in?

- ▶ What are your QUALIFICATIONS?

Let's chat about how I can best serve you!

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