

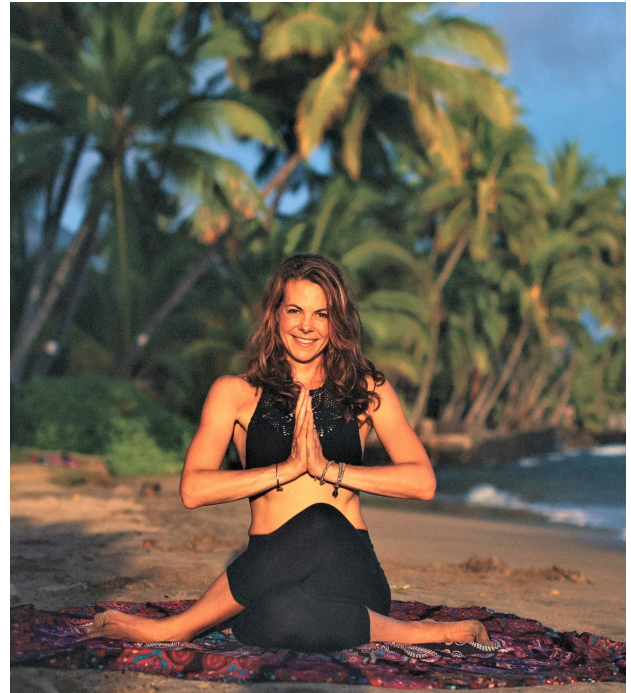


THE R'om'ing YOGI

Jenna Contreras (The R'om'ing Yogi) is fulfilling her passion of “Aligning Aloha Across Maui Beaches”. She has found her true calling in connecting with visitors and the local community, sharing a precious experience that goes deeper than a physical yoga practice. Aligning practitioners with their best selves, her mindful approach, and authenticity shines through her teaching, leaving students feeling refreshed and relaxed. Jenna’s all-levels sunrise and sunset yoga classes are popular amongst visitors. Known for their fun, creative sequences, she integrates meaningful, light-hearted messages and dharma for a rejuvenating experience.

Inspired by the opportunity to impart empowering positivity and introspection through teaching yoga, she gains deep gratification in sharing the magic that happens when we connect mind, body, and spirit through breath, encouraging students to carry this magic off the mat, spreading the spirit of Aloha with others!

In addition to being RYT 200hr. certified, Jenna also holds certifications for SPA Yoga® (a restorative practice), Rainbow Kids’ Yoga, AAFA Group Fitness, and AEA AquaFit.



Having taught mostly at resorts since moving to Maui, she recognizes the importance of sharing true aloha, kindness, and connection with owners and returning guests. Many who take our class offerings seek this precious time away from their busy lives to prioritize fitness and wellness, reconnecting, and recommitting to themselves, and their routine. Often times it’s an opportunity to try something new and exciting! She believes as instructors we have a precious opportunity to make a positive impact on others, knowing that our energy, attention, and expertise may be the impetus to encourage them to continue at home.