

JahNoah Simpson - Certified Yoga Instructor

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Facilitation & Technical Expertise

- Leading individual and group yogic experiences using breath, movement, and insight, guiding both seasoned and beginner participants towards happy, healthy lives
- Building and facilitating client-oriented spiritual offerings to target key focus points such as core values and intentions, revealing the pathway to embodied bliss
- Developing educational building blocks and resources for clients to learn, explore and understand their day to day, lived experiences
- Interpreting and presenting both ancient and modern philosophical contexts with clarity, precision, and neutrality, in alignment with universal values of Oneness and Harmony

24+ Years of Yoga Practice | 3 Years of Facilitation

Certified Yoga Instructor - SmaiTawi, Sema Institute, Dec 2023

I have studied and practiced yoga for most of my life, using it to balance my body, temper my mind, and calm my spirit through turbulent times. The benefits are more than physical, inviting peace and presence into all quadrants of life - great before an afternoon pump, or to start the day off grounded.

Following a rigorous training program, I have achieved my professional yoga instructor certification – earning the official title of “Basu” or Kemetic Yoga Instructor. Kemetic Yoga hails from the temple walls of ancient Egypt, formerly known as Kemet, originating many thousands of years ago.

The yoga system which I practice and teach shares many similarities with the popular systems of India, as well as Taoism, Sufism, and ancient disciplines originating from the Maya among other clans, which focus on posture, breathing techniques, and meditation to maintain balance and harmony with nature.

Yoga Instructor – Florida Memorial University (February 2026 - Ongoing)

- Guide diverse groups of students, professors, and staff through the full 1-hour Kemetic yoga
- Introduced yoga and its benefits to inexperienced participants in a clear and relatable way
- Coach student athletes on improving flexibility, reactivity, and mental clarity to achieve higher levels of excellence on the playing field
- Maintain a balanced pace for the time allotted while being attentive to individual participant capacities and skill levels
- Present alternative postures for those of reduced strength, flexibility, and range of motion

Professional Direction

I enjoy guiding clients towards optimal physical performance through full-body breath control, coordinated movements and healthy exercise! My goal is to pursue a physical trainer and massage therapy license to more adequately meet the needs of a diverse range of high-performance clientele.