



HOMETOWN

Kernersville, NC

EDUCATION

Currently pursuing a degree in Consciousness and Human Potential at Maharishi International University, where I study holistic human development, Transcendental Meditation, and the science of consciousness. My coursework includes advanced studies in Ayurveda, neuroscience, psychology, energy healing, and sustainable living. Prior to this path, I served as an intelligence analyst in the U.S. Air Force and later at the NSA. That experience honed my analytical mind, attention to detail, and deep curiosity about human behavior—all of which now inform my integrative, trauma-aware approach to healing. I've also completed over 30 certifications in holistic health, trauma healing, herbalism, and spiritual mentorship, bridging modern science with ancient wisdom.

CERTIFICATIONS

- 200-Hour Yoga Teacher Training
- 300-Hour Yoga Teacher Training
- 500 Hour Yoga Teacher Training (in training)

SPECIALTY

- Advanced Tantric Yoga Certification
- Reiki Master Teacher
- Holistic Health Coach (INN)
- Trauma-Informed Yoga Certification
- Certified Meditation Teacher
- Kundalini Activation Facilitator
- Ayurvedic Wellness Consultant (in training)
- Breathwork Facilitator
- Sound Healing Practitioner
- Certified Herbalist
- Death Doula (in training)
- Grief Tending Facilitator
- CPR/AED Certified

FAVORITE EXERCISE

Child's Pose

AVAILABILITY

Monday through Friday, mornings, and early afternoons/evenings (flexible—please inquire)s

MOTTO

"Empower the body, quiet the mind, and the soul will speak."

PRIVATE YOGA
PERSONAL TRAINING



YMCA Personal Trainer

JORDAN "ATHENA" HATCH

BIO

Athena is a dedicated and intuitive yoga teacher who blends years of holistic training with a passion for healing, radical self-acceptance, and inner world discovery. A USAF veteran, Shaman, and Reiki Master, she brings a grounded yet expansive and determined approach to her mindfulness practices. Athena specializes in trauma-informed yoga, meditation, and energy alignment, helping students reconnect deeply with their bodies and breath. Her classes foster empowerment, presence, and inner peace, meeting students wherever they are in their journey. Whether guiding a gentle restorative flow or a dynamic breath-centered vinyasa, Athena invites her clients to show up authentically and explore yoga as a path to wholeness.

YMCA OF NORTHWEST NORTH CAROLINA