



Grounding Meditation balancing the Chakras

Kesha is the Founder of ChiMoDa Yoga, LLC, ignited as a push to increase wellness and offer accessible healing options. The increase of High Blood Pressure, Obesity, Diabetes and more, prompted Kesha to be a part of the solution to address the existing problems, such as lack of healthcare, financial barriers, mental and emotional challenges etc.



ChiMoDa Yoga LLC.

Offers Wellness Opportunities to Women, Children and Families through Yoga, Meditation, Workshops, Groups, Private Sessions, Mentoring, Motivation, and Inspiration. These Services are offered at her Wellness Space, Virtual Sessions on Zoom, Schools, In Home, Offices, Facilities, Parks etc.

Contact Info:

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ChiMoDa Yoga LLC.



ChiMoDa Yoga Mission Statement

To Provide Practical Wellness Options to Women, Children and Families to increase overall quality of life using Yoga, Meditation, Nutrition, Motivation and Inspiration. Goal is to decrease Obesity, Diabetes, High Blood Pressure and Heart Disease.



Vision Statement

To ensure that all women, children and families from every ethnic and cultural background have access to practical and sustainable health and wellness opportunities to increase the quality of their lives at home, school, and community.



Kesha has enjoyably served the Mental and Behavioral Health Community for over 20yrs and continues to do so offering Yoga and Wellness Classes to Schools, Programs & Youth who are currently being treated in Out of Home Placements.



Her knowledge and experience allow her to offer variations and modifications to a group customizing yoga to fit any generational despite their gender, physical limitations and/or disabilities



SonShine Yoga at Liberty State Park



Kesha is Certified with over 500-hours of Yoga Instruction, Certified in Meditation and Reiki Energy Healing, Kundalini trained, and Kids Yoga Instructor. Kesha holds a Master of Science Degree in Human Services with numerous New Jersey DCF trainings including Nurtured Heart. Other trainings and workshops not specified have added to her practice.

