

## Cromwell Creative District INTERVIEWS

### Jeannine Marron



**Jeannine Marron** opened her business, *Peaceful Chaos Yoga*, 328 Main St., just 10 weeks before the Covid shutdown. Because her 10 employees are independent contractors, she is not eligible for any Covid relief programs and “it has been rough,” she says. Yet, she remains positive and highly active in finding new ways to provide yoga and dispel myths that surround this ancient modality. Her teachers are trained in a wide variety of disciplines; her client base is diverse and the studio is accepting and inclusive. Over half of her participants are 50 or older, and she offers flex programs through Silver Sneakers and accepts applicable health insurance. Currently, classes for five are possible with social distancing. When weather is good, she holds classes in the parks and often donates a percentage of earnings back to nonprofits in Cromwell. As well, she holds classes via Zoom and will continue this even after Covid as it reaches a wider audience.

Jeannine has been a yoga instructor for over 25 years. However, before going into yoga as a business 15 years ago, she worked for the Department of Criminal Justice and nonprofits focusing on autism and violence psychology. Currently, she sits on Cromwell Commission for People with Disabilities and is a member of the Chamber of Commerce.

She offers that she is an introvert and “a regular person, a spreadsheet diva, and a girl who listens to ‘gangsta rap’ on the way to Farmer’s Market.” She is eager to participate in Business Associates with Cromwell Creative District.

For more information: <https://www.peacefulchaosyoga.com/>