

MEET OUR INSTRUCTORS



East Bay
Park Yoga
& Wellness

Aleta Johnson



Charles Camara



Jeff Brown



Jessica Duarte



ALETA JOHNSON



Aleta began her yoga practice in her mid-forties after enduring two back surgeries. After seeing the benefits to her own health she decided to become a yoga teacher at age 60, earning her RYT certification.

She since has earned a Level 1 certification in Baptiste yoga, a Yoga Sculpt certification, and is currently completing her 300 hour teacher training. Aleta is psychotherapist and operates a private practice in Barrington. She believes in healing attributes for both mind and body. Aleta is amazingly strong and absolutely loves balancing poses. She frequently leads Friday morning classes at Latham Park!

CHARLES CAMARA



Charles completed his teaching certification with Jane Viscolosi in Bristol, RI. He is an IAFF Certified Peer Fitness Trainer and amazingly also a certified Reiki II practitioner. He was an avid practitioner of martial arts and chi gong meditation before finding his love and passion for yoga.

While he loves Baptiste yoga, Charles is also a mechanical engineer, Cranston firefighter and a highly trained, nationally recognized arson investigator.

JEFF BROWN



Jeff established the first of three community programs in the midst of the pandemic in 2020 as a way to safely bring people together outdoors and practice self-care.

He has led over 1,000 yoga classes both outdoors & indoors, teaching traditional and yoga sculpt classes at some of R.I.'s top studios while also operating his financial planning firm, Brown Advisory Group. In addition to his five financial planning credentials, which include unique expertise in behavioral finance, he holds advanced yoga teacher certification in Yoga Sculpt as well as the Baptiste Instructor Credential.

JESSICA DUARTE



Jessica holds a 200-hour yoga certification from the Create Power Yoga Teacher Training School with Petra Lehman-Brauer. She discovered yoga during the COVID-19 pandemic while working as a Registered Nurse as a way to find balance during a stressful time.

Jessica enjoys teaching accessible, grounded classes that help students connect with themselves and manage stress both on and off the mat. She believes yoga is a lifelong tool that anyone can tap into at any time.