



GLOBAL YOGA TEACHER AUTHOR • MUSICIAN

Janet Stone is a global yoga teacher with over 30 years of dedicated practice and over two decades of teaching. Rooted in the disciplines and teachings of yoga she offers a heart-centered, musical & playful approach that has created an international following. She travels the world offering trainings, retreats, workshops, festivals, conferences, corporate events and has a thriving online platform. Based in California, she's released four albums and her first book, *The Stories of Our Lives*, releases in 2026.



SIGNATURE TOPICS

- ✓ DEVOTION IN MODERN LIFE
- ✓ YOGA AS A PATH OF HEALING
- ✓ SUSTAINABILITY IN PRACTICE
- ✓ WOMEN'S WISDOM, MENOPAUSE & EMBODIED TRANSITIONS
- ✓ BHAKTI YOGA & THE POWER OF MANTRA

TEACHER TRAININGS

stONE Yoga School offers 200, 300 and 1008-hour teacher training programs - both online and in-person.

AS SEEN IN

yoga
JOURNAL

Esalen


WANDERLUST

1440
MULTIVERSITY



UPCOMING BOOK

The Stories of Our Lives (forthcoming in 2026) is a weaving of mythology and yogic teachings — an exploration of the ancient stories from the Purāṇas and the characters of the Hindu pantheon that live within all of us. Through three decades of yoga practice, motherhood, loss, joy, and back again, Janet reflects on how these timeless myths mirror the fullness of the human experience.

Rooted in truth and inquiry, this book invites us to recognize our lives as sacred threads within the greater tapestry of existence.

Janet is currently scheduling early media appearances, readings, and intimate book talks for 2026.

FREE WAYS TO PRACTICE

stONE YOGA APP

Janet's official app includes free meditations, short flows, and mantras with new free content added regularly.

ONE COMMUNE

Tune into ambient mantra and devotional soundscapes created with DJ Drez, available free on Commune.

SPOTIFY & APPLE MUSIC

Enjoy Janet's four devotional albums on Spotify and Apple Music

FREE VIRTUAL 3 DAY RETREAT

A curated 3-day journey with teachings, asana, meditation, and mantra. Welcome to Janet's approach to living yoga.

66.3K 
FOLLOWERS

82K 
FOLLOWERS

35K 
SUBSCRIBERS

3.3M 
MONTHLY
STREAMS

350+ 
STONE YOGA SCHOOL
GRADUATES

BOOKINGS & INQUIRIES



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