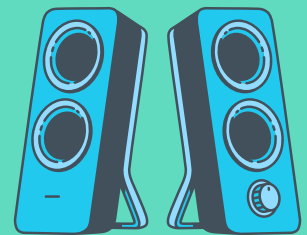


JAS' STORY

TIGER STRIPES

Jas, the owner of TigerStripes, is a true inspiration to all women who feel uncomfortable in their own bodies. She felt insecure in her skin whilst wearing swimwear. Her son pointed out her stretch marks calling them her 'tiger stripes', and likening her to a fierce tiger. Over time she found new respect for her body and wanted to share this empowerment with other women through dance.



“Dance has given me the freedom, creativity, joy and release. I discovered my fierceness and I enjoy assisting others in discovering theirs. I trained to be a fitness instructor to safely share the benefits of movement and I can't believe I've been teaching for ten years and I still adore it. Dance can serve as a wonderful release of tension, allowing us to focus and form new connections and to be more creative. I love seeing people gain confidence, make positive changes and become who they want to be, it's so inspiring”

Jas' lived experiences of mental health struggles means she is able to relate to others. From tackling her own challenges in her life, she knows that movement and dance helps break out of uncomfortable feelings. Jas runs weekly female-only dance and fitness sessions in a safe and welcoming environment. She encourages women of all backgrounds and abilities to take dancing at their own pace and experience an all body workout. The St Werburgh's Centre, alongside the Together Fund, has supported Jas with running low cost community sessions as a sole trader.

