



Zovera Jackson was born and raised on the southside of Chicago. She has a passion for working with diverse populations, including youth in foster care, senior citizens, and the military/veteran community. She is an advocate for serving and assisting the community with the achievement of overall health and healing recovery. Zoey has been cultivating her passion as a dance fitness practitioner, a yoga teacher, plant-based food as therapy consultant for the past seven years. She is the author of, "Journey to Yogi Fine Fit - Total Mind & Body Transformation in which she shares her story of how yoga transformed her life and how it can do the same for you.

Zovera completed her Bachelor of Arts in English at Illinois State University and her Masters of Arts in Human Relations at the University of Oklahoma-European Division. She is a certified Group Fitness Instructor with the Aerobics and Fitness Association of America and a licensed ZUMBA Instructor who specializes in fitness for active and older adults, pre-school and school-aged youth, and disabled veterans. She is a member of Silver Star member of Alpha Kappa Alpha Sorority Inc., the Women Veteran Association, the Military Officer Association and the Association of Black Yoga Teachers.

Zovera is an experienced registered yoga teacher (E-RYT) with Yoga Alliance, which acknowledges the completion of a yoga teacher training with a registered yoga school (RYS). As a wounded warrior she spent two and a half years in recovery and has found both yoga and meditation to be a positive experience in her progressive healing. While in healing and recovery at the Walter Reed National Military Medical Center, she was able to volunteer with the American Red Cross teaching yoga to her peers who were wounded, ill, and injured.

Zovera spent 23yrs in the United States Army and retired at the rank of Major in DEC 2018. While serving in the military she received training in Human Resource Management and Public Affairs. While serving as an officer in the Army she obtained her Master Resilience Trainer certification and has facilitated personal and professional development training which includes SMART Goals, Self Awareness, Self Regulation, Optimism, Mental Agility, Strengths of Character and Connection.

Zoey is the founder, owner and operator of ZBODY LLC, Yogi Fine Fit, which provides specialized one-on-one and small group therapeutic yoga class sessions, plant-based nutrition consulting, and holistic health workshops and training.