

Jesse is no stranger to enduring discomfort and putting himself up against unforgiving challenges. A lifetime hiker and adventure seeker, Jesse has crossed many feats of fortitude through perseverance of his body and mind and he likes to give credit to that most vital life force that links those two things together. We are talking about the breath.

He comes from a background of martial arts, being a black belt in taekwondo, he is an avid hiker, trail runner, back packer and loves doing anything outside, which now the most important thing in his life is getting his puppy “Ego” out for exercise...

Jesse is passionate about health and wellness and loves instilling the simple values of self-care and that passion has lead him to creating his llc, Steady Path Healing. His aim is to eventually either become a part of, or be a part of creating a health and wellness center on the North Shore of Minnesota. Maybe you will play your part in or attend a future retreat with him!? Stay tuned....

Jesses journey of breath awareness began as a child, watching martial arts movies. One scene in particular comes to mind (Bloodsport with Jeanclaude Vandamme when he performs “dim mak”) but in actuality it was when he started studying Taekwondo at 18 years old. They call it the “kihap” meaning energy release when you strike something, and that “release” is your life force, otherwise referred to as your chi. As the road of life unraveled, Jesse went down many different avenues that presented all different kinds of breath exercises. Yoga seems to have the deepest well of knowledge on breath exercises, but one thing we all are becoming more aware of for sure is that we could all benefit from more breath awareness.

Something so vital as that breath. That life force... that it does what it needs to do, even without our awareness of it... and it keeps us alive... but if we live a life detached from noticing our breath, we are destined to live with an unnecessary amount of stress on/ in our shoulders.

You can direct people to learn more about Steady Path Healing of course through google, which will lead them to my website steadypathhealing.com which is under construction but has a link to massagebook.com/steadypathhealing where anyone who is interested can see my hours of availability, my modalities, etc. and book on line if they want.