GCC Adult Education

Meet Our Instructors

We are blessed with an incredible group of instructors who lead classes that nurture the body, mind, and soul.



Jamie Mullen



Ava Albers



Wendy Lehman



Jackie Schultz



Jillian Joy Holy-Skaja



Deb Solis

www.greendalecommunitychurch.org/events

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Jamie + Kathryn



Jamie Mullen

Jamie is a certified yoga therapist, meditation guide, ayurveda wellness coach as well as an Aesthetic Wellness Coordinator for Froedtert/MCW Cancer Center.

She has taught yoga classes, hosted personal growth retreats at various midwest locations, held small group yoga therapy sessions as well as guided people one-on-one in the practices of yoga, meditation and overall wellbeing for over 10 years.

Her approach is to create a welcoming, friendly, safe environment so that all can enjoy and benefit from the practice of yoga.

Website HERE



Wendy Lehman

Wendy began studying herbalism in late 2019 at the CommonWealth Center for Holistic Herbalism. She completed the Family Herbalist Program and is currently enrolled in the Community Herbalist Program, which includes courses on herbal interventions supporting various health systems of the body, as well as nutrition and basic phytochemistry.

She completed a 46-hour small group Community Herbalist mentorship with Katja Swift in 2021-2022. In 2023, she additionally completed Michigan herbalist jim mcdonald's 7-month intensive herbalism course Lindera. She's participated in other various herbalism classes and herb walks as well. Wendy is also a Reiki Master Teacher.

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Ava + Jackie



Ava Albers

Receiving her certification through Les Mills, Ava first started teaching pilates at Innovative Health and Fitness in Franklin and completely fell in love with it! When you leave a Pilates session with her, not only will you feel stronger and happier but you will feel more ready to tackle the next day.

Besides teaching pilates in various group settings and wellness events, Ava will be graduating in spring of 2027 from Mount Mary with a teaching degree in grades K-9.



Jackie Schultz

Jackie has a deep love of learning and a passion for sharing what she's learned with others. She is a certified nutrition coach, receiving her certification through Venice Nutrition and starting her own wellness business, Prana Holistic Wellness Services in 2016.

Her teaching style is welcoming, approachable, and supportive.

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Jillian + Deb



Jillian Joy Holy-Skaja

Jillian has studied and shared yoga for over 20 years and breathwork for over 7 years. Her practice and teaching are strongly influenced by the Himalayan tradition of yoga and meatation, as well as her training in Transformations conscious connected breathwork. She is also a level 3 Reiki energy work practitioner.



Deb Solis

Deb earned her B.S. and M.F.A. degrees in dance from the University of Wisconsin-Madison in 1981 and 1983 respectively. She minored in Asian Theater Stage Discipline where she learned the T'ai Chi form she's been teaching for the past 42 years.

The form learned is the "New Frame" (Xinjia) of Chen style T'ai Chi and refers to forms developed within the Chen family in the 1960's. It is a form that is accessible for both ambulatory and non-ambulatory populations. This form combines the slow, fluid movements of classical Chen style T'ai Chi with the small, controlled movements of the more modern Chen form.

She has worked with all ages and fitness levels and have focused the past 12 years on the senior citizen population.