



# The perfect balance



Leading a happy and successful life is all down to balance – and Metro has teamed up with Yushoi to show exactly what it takes for some inspirational ladies to achieve some amazing things. Today, we meet Jessica Skye, yoga and DJ goddess...

**M**y name's Jessica, I'm 29 and I'm the founder of Fat Buddha Yoga, a DJ and yoga trainer.

**Q: What's your daily morning routine?**

Everything I do in the morning is short and sweet, because I'll do anything to buy some extra time in bed! I'm super low-maintenance with my beauty regime – good cleanser, tinted moisturiser and a bit of lippy and mascara and I'm done. Then, I'll sit down for a quick smoothie packed with fruit as well as a coffee before hitting the road.

**Q: How does your working day pan out?**

No two days are ever the same. Working days will

vary from running around London to attend my back-to-back meetings, to teaching yoga classes in peoples' workplaces and

homes – and somewhere in all of this, I fit in running Fat Buddha Yoga events, too! My working hours also stretch out into the evenings, where I'll either be in my lycra on a yoga mat or behind the decks until the early hours.



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**Q: How do you keep up your motivation during the day?**

Eating healthy, fuelling foods and staying hydrated are paramount to keeping my energy levels up. I'm a cold press juice fiend and indulge in rest time and good quality sleep to keep me feeling good throughout the day. I love my job, the amazing people I work with and the fun projects I get to take on – and often this alone is enough to keep me on my toes and ready to go!

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