

*Yoga With*

**LAUREN**





## WHO IS LAUREN

Lauren is the founder of The yoga Studio, a beautiful inclusive and non judgemental space that was in Ballito for 5 years, offering Yoga Teacher Trainings, workshops, a variety of classes and much more. Lauren took some time off to have a baby and is back teaching at your favourite studios.





# LAUREN'S BACKGROUND

Lauren has been working holistically with bodies for more than a decade through massage and other alternative therapies. Lauren started practicing yoga when she was young and got certified as a yoga instructor whilst traveling through India and Asia. She is a +500hr advanced teacher, having done multiple 200 and 500 hr courses in different yoga styles, also trained in kids yoga, pre and post-natal yoga, Yin and bodywork - TCM (-shiatsu and reflexology and a variety of massage styles).

Lauren has led multiple Yoga Teacher Trainings and retreats with her next YTT starting in August this year.

# YOGA WITH LAUREN

She is a hands on teacher, focusing on mindful alignment through juicy adjustments and breath.

Laurens classes are hatha based with a vinyasa flow and are a safe place for you to find a deeper connection with yourself through breath, body and mind. Her belief is that yoga is for every body no matter your flexibility or experience as there is always a variation that can be done.

Yoga for me is a special nonjudgmental space for everyone to come and heal, breathe and connect.



# LAUREN'S OFFERING

- Vinyasa flow
- Yin
- Flow to yin
- Preggie yoga
- Private classes
- Massage
- Preggie massage
- Myofascia release
- Yoga Teacher  
Trainings
- Retreats







THE YOGA STUDIO

**BOOKINGS**

*info@theyogastudio.co.za*

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