

YOGA WITH
ROCHELLE
JANE
WELLNESS

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WHO IS ROCHELLE JANE

Rochelle has been teaching yoga for over 3 years and is certified in 200 hours Vinyasa, 50 hours Yin, and 25 hours Sculpt HIIT yoga.

As well as establishing her life coaching practice 7 years ago, she is qualified in Sports Massage.

With a holistic approach to her client's health, she believes that anything we engage in should be fun and adapted to the individual, as there is no 'one size fits all' method.

After recently relocating from Cape Town, Rochelle has been teaching in Cape Town and Greece and has online clients around the globe.



YOGA WITH ROCHELLE JANE

Rochelle believes that yoga is not about getting good at yoga postures on the mat but is about being able to live more comfortably doing everything else you want to do (surf, cycle, sit at your desk).

She focuses on strengthening your own alignment, teaching individuals about their bodies and how to move within their own means available to them.

"I am excited to use this space to do just that, offering with 30 min 1:1 sessions to teach people about their own bodies before they join group classes. Something I strongly believe in!"

Meet Rochelle here!





VINYASA

This flow style combines breathing and movement.



SCULPT HIIT

This faster pace uses cardio and body weight to tone.



YIN

This floor based yoga taps into connective tissue.



POWER FLOW

This flow style is strong and is sure to work up a sweat



BROGA

Male only beginner level classes



BOOKING

Get in touch directly

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