



Travelling Yogi Retreats

It all started with a friend inviting me to join her in a class. My world opened up and yoga was at the epicentre. I fell madly in love. I didn't know I was so capable and strong. I didn't know I needed to soften in so many areas of my life. Like everything, you just don't know until you know!

I have taken several trainings over the past decade and have my wonderful teachers to thank for sharing the art and science of yoga. I am now a teacher of teachers, since 2018 and I continue to teach studio classes, private sessions, workshops, and retreats.

I have a beautiful home studio where I can share with students on a very personalized and safe way plus my world opened up to online classes as well, which I am loving.

My future plans include taking trauma informed yoga practices and diving into the ideology and philosophy of yoga.

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