

I have been practicing Yoga for over 13 years - in that time, I have practiced Hatha, Iyengar, Vinyasa, Kundalini and Power Yoga. I began to pursue my teaching certification with Aura Yoga in 2005. Since finishing, I have had the pleasure of teaching Hatha, Lunchtime Yoga and Yoga for Children. I feel blessed to be able to share Yoga with others. My teaching style has been described as "organic" - emphasizing deep Yogic breathing with gentle and flowing stretching postures, which work together to bring flexibility, balance and tranquility to the body and mind. Namaste', Deb