

YOGA LIVING

YogaLiving.ca

My teaching has been influenced by the playful style of Vinyasa Flow. The integration of moving purposefully and gracefully with the body, breath and mind connected. Combining strength and softness, fluidly moving from one pose to another.

Yoga has made my life bigger and brighter and I want to share that light with you. I have been teaching for 5 years and I am excited about sharing the beautiful practice with you.



Kathryn Turnbull 500hr RYT

I often wonder why doesn't everybody do yoga?

It's a practice that is accessible and adaptable to everyone that we can all use to obtain and maintain healthier joints, gain greater flexibility, get stronger muscles & bones, improve our posture, improve our body systems for optimal health, improve our quality of breath, increase self-esteem, and of course reduces stress and increases calmness. And so much more. Tools that we can learn to use so we may enjoy the things we love to do for the rest of our lives.

Yoga Living, breath by breath.

My teaching provides a safe environment for learning, focusing on what is right about the postures, helping students build the skills to cultivate the ability to find their own inner perceptions and gain a sense of independence. Guiding the students with encouragement to explore and discover the answers to their own questions and become their own teachers.

Recognizing that each student is unique and presenting a class that can be engaging for the many different levels of students that may arrive and offering a balanced and complete practice, combining movement, breath and meditation designed for them with an element of fun, creativity and beautiful music.