



Hello, my name is Stef, I am a local yoga guide.

My journey with yoga began four years ago during the pandemic, a challenging time when I turned to this spiritual practice for comfort and balance. It transformed my life, not just physically but emotionally and energetically, inspiring me to share its many benefits with others.

In April of 2024, I completed a 200-hour Yoga Alliance-certified teacher training in Bali, where I deepened my knowledge of yoga philosophy, breathwork, and techniques for promoting overall well-being.

I am especially passionate about teaching how intentional breathing with movement, can elevate one's practice and profoundly impact & change the way you feel. Since then, I've been teaching at local yoga studios and leisure centres, honing my skills and understanding how to meet diverse needs. Collaborating with like-minded business & owners, I strive to make yoga accessible and transformative for everyone, helping others feel their best in body, mind, and spirit.

I am very enthusiastic about introducing Yoga and its many benefits to new yogis and people just starting out. I like to think of myself as a guide, here to support you.