

Instructors

Laura Euesden

Laura discovered her love for yoga while living in Switzerland in 2002. She continued to explore her passion for yoga and meditation while traveling throughout India for 6 months in 2003. In 2006, Laura completed her Yoga Teacher Training Certification in Hatha Vinyasa Yoga at the Yoga Sanctuary in Toronto. Her training focused not only on asanas (postures) and pranayama (breathing) but yogic philosophy, anatomy, meditation and chanting as well. Laura is also trained to teach yoga to children and leads a kids yoga club at a local elementary school.

Keri Saley

After finishing her Master of Science in Environmental Education, Keri decided to pursue and combine her passion for yoga and teaching by becoming a yoga instructor. Her yoga training was a 200 hour program of yoga philosophy and practice at the School of Hatha and Raja Yoga Studies in Toronto, as well as a wide variety of workshops. Keri has been practicing for over 17 years and teaching classes in the Georgian Triangle since 1998.

Keri completed the Registered Massage Therapy training program at Georgian College in Barrie in 2008. She is currently teaching yoga in Thornbury and has a home clinic in Thornbury and an office in Meaford at the Sykes Street Health Centre. For more information please visit www.kerisaley.com.

Lise Garrette (Smulders) Lise started her own journey with yoga in 1993 and has been teaching yoga to others since completing her certification at the Sivananda Ashram in Nassau, Bahamas in 2000. Lise has her Prenatal Certification with Janice Clarefield and has had the great fortune of studying with Donna Farhi and extensively with Judith Lasater and has completed her Relax and Renew© certificate in Restorative Yoga. She has also studied yoga therapy with TKS Desikachar and son Kausthub in the lineage of Krishnamacharya. Lise is a member of Yoga Alliance, the International Association of Yoga Therapists, and has successfully passed the certification examination for the Federation of Ontario Yoga Teachers. Lise currently teaches restorative yoga therapy, hatha yoga, meditation and relaxation classes.

Signy Teague

Signy is a teacher at heart - having worked with groups of all ages and abilities in a variety of environments from oceans to mountains to classrooms. She is a graduate of the Outdoor and Experiential Education Program at Queen's University as well as a reoccurring student of the Nova Scotia College of Art and Design.

When Signy discovered yoga, it was an instant fit. She studied several styles of yoga, taught her friends and students and eventually completed a 300 hour training in Moksha Yoga. "Calm mind, fit body, and inspired life" is Moksha's philosophy.

She enjoys sharing yoga with her students, and hopes that they will leave her class feeling relaxed, strong, and balanced.

Leah Hagreen Leah's personal journey in yoga began in 1999, when she was introduced to yoga as an alternative to dance classes. Since this time yoga has become a primary grounding influence on her life, and by extension the life of her husband and three young children. She is a Hatha-trained yoga instructor who completed her 200 hr training at Buddha Rider in Collingwood, and has been teaching for three years. Leah teaches with attention to breath and alignment, while incorporating curiosity and playfulness into her classes. She is truly honoured to be a yoga teacher, and to have the opportunity to share her love of yoga with her students.
New layer...