

Truth becomes you!

After experiencing a herniated disc and sciatic nerve injury in 2003 I discovered the endless possibilities of yoga: Breath, Movement, Alignment of body and mind. All poses can be adjusted to fit every BODY with all its special needs and ample possibilities. I encourage my students to adapt their practice take into consideration their particular Range of Motion (ROM) and abilities, often using props like a block, strap or anything else that enhances their time on the mat.

Yoga offers the opportunity to develop strength, balance, including the ability to discover your body's function and unique capabilities in a fun and safe way. Grounding and confidence in yourself follow along. I enjoy teaching individualized group classes as well as private Yoga sessions for all levels. The opportunities seem endless to me!

In 2015 I received my certification as a yoga teacher in Vinyasa Yoga through Les Leventhal at the Yoga Barn in Ubud, Bali. Immediately after my return I started teaching my own classes at the same local gym in Kona, where I started my long Yoga journey so many years earlier.

I added restorative Yoga after having received several trainings and certifications (Cyndi Lee) to my agenda and offer online easy stretch classes, chair yoga and breath work for the National Federation of the Blind via Zoom.

The love of working with people is grounded in my professional background in hotel business that allowed me to travel and work internationally. Born and raised in Berlin, Germany, I spent time in the Netherlands, NY City and Portugal before I settled down in Kona. Hiking with my dog I enjoy the outdoors and beautiful nature of our island. A strong feeling of 'Ohana and a tight knit Yoga Community add balance to my life that I love sharing in my classes.

Come as you are! I am looking forward to welcoming you on your mat!