

*Certified Yoga and Meditation Instructor (Hatha, Vinyasa, Kundalini and Tibetan Yoga styles), with fifteen years of practice and international teaching experience. Expertise in teaching restorative breath centered yoga practice, suitable for beginner, intermediate and advanced levels as well as teaching Meditation incorporating various practice techniques. Clients include wide range of age, culture and occupation, including corporate business, artistic and creative backgrounds.*

*Author of Meditation Practice Guide Being Living. Growing. Deepening. (2013) and Open Mind Inspirational Poetry (2013), offering Meditation practice to all levels with emphasis on personal approach.*

*Classes are centered on the individual needs and capabilities, to address current, past and potential future issues, as well as to promote overall balance and stability.*

*Fluent in French, Russian and Hebrew.*

