

I'm originally from Poland and I started practicing Yoga in 2011.

I was very depressed at this time. With my life experiences my intuition told me that the only way to survive is to catch my breath. I'll be never thankful enough to my daughter, Dagmara, who introduced me to Yoga. She suggested that Yoga practice could work for me and she was absolutely right!!

When I took my first class of Vinyasa Flow I had no knowledge about poses and their names. I fell in love with this soft movement and connection to my breath from the beginning. Since then I practiced every single day by taking a different type of Yoga classes for three years. Every single day!!!

I figured that Yoga practice has tools for reconnecting to yourself and your body and your mind. Because of this connection, I was able to discover myself again. Yoga is the best teacher ever! I learned who I am, what I'm capable to do. I learned how to respect myself, how to love myself, how to honor myself, how to take care of myself, how to connect to my center, how to find my inner peace, how to relax whenever I need to. I learned how to be patient with myself and others, how to listen to my inner voice, how to be happy with myself. All those lessons gave me some tools to change my life.

I met a lot of wonderful people on my path and I'm so thankful for them. They helped me to believe in myself and they believed in me. One of my Yoga teacher convinced me to take Yoga Teacher Training. It never ever crossed my mind that I could be a Yoga teacher!! It was hard and a lot of work but I did it and I made it! It felt so good to be proud of myself.

I have had the following training:

- 200 TT Samdhaana Vinyasa Flow with Melody White
- Restorative Samdhaana Yoga with Melody White
- Importance of Touch and Speech in instruction with Kim Zegil
- Yin Yoga Intensive with Shale Worsley
- Yoga for Cancer with Sara Levine
- Assistant in Yoga poses with Kiesha Battles

I'm able to teach different types of Yoga. The most important thing is that I love to teach and I teach from my heart. I love to create new sequences and my classes are never the same. Every practice is coming from my love to Yoga.

If you are looking for a connection with yourself to catch this magical breath you are very welcome to take my classes. It will be my honor to share my knowledge, my heart, my creativity and my practice with you. I wish you all a beautiful journey as I experience in my adventure with Yoga practice. It is so much fun and joy. See you on your mat.

Namaste

Lidia Pawlowski