



MY STORY
REBECCA LENCH



FOLLOWING THE RIGHT PATH

Sometimes the smallest things lead to the biggest changes. For me it was a quote by Patanjali given to me by a student.

Like many people, I discovered yoga in a gym, seeking another way to keep fit. I loved the way the asanas made my body feel, but my relationship with yoga quickly grew into something beyond the physical. I realised that yoga could change lives as well as bodies.

The traditions of yoga are passed through generations, from teacher to teacher, and I now longed to become part of that special lineage. It wasn't easy, though, to find a training school in England that focused on the philosophical side of yoga, and its healing powers, as much as the physical aspects. I travelled to the US, India and Thailand to study with teachers who enriched my spiritual understanding of yoga whilst deepening my asana practice.

On returning to England I taught a local class, and was thrilled to discover that one of my students seemed genuinely affected by the lessons. She explained that my classes had transformed her whole life – ridding herself of anorexia and agoraphobia to become a confident and healthy woman. She gave me a bracelet with a quote by Patanjali wrapped around it, but I don't think she realised this gift, in turn, changed my life. I had always been convinced of yoga's power to radically impact lives, and I now had the proof hanging around my wrist.

And so, in 2010, YogaLondon was born. It was my way of empowering other people to teach yoga and transform lives. The school has been gaining momentum ever since its launch. We now welcome over 200 students a year, on one-month intensives through to year-long weekend courses.

It only takes a little bit of courage, together with support from the people you love, to find your right path in life. YogaLondon is mine. To find out more about teacher training at YogaLondon visit yogalondon.net

AYURVEDA PURA —ACADEMY—



WANT TO BECOME AN AYURVEDIC THERAPIST OR PRACTITIONER?
Inspiring Professional Accredited Training Courses



by **Dr. Deepa Apté** (MBBS, YLA, BW, ITEC, MICHT, Indian medical doctor, Yoga teacher and Ayurvedic practitioner)



"...beautifully taught...such quality that it has transformed my life..." Ms. N A Snowdonia, Wales

"...Highly professional, well delivered and extremely enjoyable...by far the best provider of training that I have been on..." Ms A.J., Dublin

www.AyurvedaPura.com - info@AyurvedaPura.com - Tel: 020 8312 8383

ZEBRA™
Yoga, Pilates & Fitness

INTRODUCING
PERSONAL YOGA Mat Travel

CALL OR EMAIL FOR DETAILS
800.989.8085
Heidi@zebramats.com

Green Grey Sand

Yoga Studio

TILE & SEAMLESS FLOORING

| Yoga | Dance | Creative Movement |

www.zebrayogafloor.com | 800.989.8085