

**Hi! My name is Laura O'Keefe, and I am excited to share my passion and love for yoga!**

I have felt as if I was called to heal others using several techniques beginning in 2016. I have been on my yoga journey for several years yearning to share my skills with others. I have always known I've had a deep connection with all beings, and I am glad to have deepened that not only through the study of psychological sciences but most importantly through the study of holistic healing which is a pathway immensely close to my heart. Along with my 200 hours at Vida Asana School of Yoga in Costa Rica, I also am certified in Reiki level 2. The training that I have received has led me to the art of holistic healing encompassing Reiki healing, meditation, and yoga. These have all individually helped me to create an intimate holistic experience where one can begin healing from within. My goal for yoga is for every student to ignite their inner light and leave feeling refreshed and bright.

I invite you to join me on the mat for an Ashtanga inspired class to help improve focus, coordination, and balance. This swift but intense style of yoga helps to increase stillness and awareness of the flow of your body.