



Laura is a native of SC, born & raised in Columbia. She discovered yoga on TV in the late '60s with Lilia Folan. After practicing and teaching "Hatha" yoga for many years, she saw a Kundalini class on TV and never looked back. Finding this practice felt like coming home for Laura and she wants to share its many benefits with the Myrtle Beach community. At this time of turmoil and low vibration, Kundalini can elevate the participants' vibration to share with all they encounter. Laura hopes that yogis will come to this very different practice with a beginner's mind and open themselves to something powerful and transformative.

In addition to practicing and teaching yoga, Laura had a Personal Fitness Trainer business out of her home in Maryland. She has also been teaching Group Exercise classes from Spin to Kettlebells for many years.

A classically trained soprano, Laura sang with The Washington Opera, Arena Stage, Wolf Trap, The City Choir of Washington, Choral Arts Society of Washington, theaters and churches in the DC metropolitan area as a soloist, performer and chorus member.

Laura has been married for 29 years to her husband Paul, whom she met in her exercise class at his company. She loves animals of all kinds and has adopted many dogs over the years. In fact, she wanted to be a veterinarian as a young girl. Now that Laura is living here, she hopes to become a Master Gardener, a docent at the Art Museum or Brookgreen Gardens and returning to some personal training and classes and, of course, some singing.