



Lindsay discovered yoga in 2009. From the start, she knew she wanted to share her experience of the healing power of yoga with the world. She completed her 200-hour vinyasa flow certification including Reiki 1 Certification in 2014 from The Prancing Peacock Yoga Studio in Yardley, PA. In 2015, she completed a 20-hour Restorative Yoga certification. Following that, Lindsay completed her Reiki training, and became a Reiki Master in 2017. Just recently, she got certified as an Advanced Level Integrated Energy Therapy(IET) practitioner.

One of the most exciting places Lindsay taught yoga was in Costa Rica and she has trained with some powerful healers from all over the world.

Lindsay believes “Healing yourself is connected with healing others.” - Yoko Ono

Follow Lindsay on Instagram @linzalayoga and Facebook: Lindsay Worek Yoga and Healing.  
Namaste!