



Lori has been practicing yoga for 30 years. She loves sharing the sense of balance and wholeness that is cultivated through practice with others including the overall feeling of peace and joy that comes along with the physical benefits of a yoga practice.

She engages and challenges students to be mindful and listen to their bodies, and enjoys bringing stillness and movement together on the mat. Modifications are offered in her classes, making yoga accessible to all.

Originally from Ottawa, Canada; Lori comes to Myrtle Beach from New York. She has taught at multiple studios in both locations and is a registered member of Yoga Alliance. She is also a life coach and teacher of meditation and mindfulness as well as a mama and lover of life.