

# MARINA



Marina's yoga journey began as a young teen meditating at home with her parents. Soon after she started to explore classes like Vinyasa Flow Yoga. The blend of flowing through postures with awareness to the breath became a moment for her to clear her mind, focus on being in the moment, and of course to sweat it all out.

Marina completed 200hr training through Yoga Works Method and a 300hr training with masters Natasha Rizopoulos and Barbara Benagh. She also enjoys participating in various retreats around the world.

Marina puts together a special sequence every week concentrating on a specific theme to inspire her students. She has been joyfully teaching for almost 5 years. Sharing her passion, the gift of yoga, with others makes her fully rejoiced. She believes Yoga is a powerful healing tool for self realization and inner growth.

