

Laura was first introduced to Yoga by her fruit and granola parents when she was just a teenager in high school. After years of getting on and off the mat she decided to delve deeper into her Yoga practice. In 2006, Laura completed her 200 hour Yoga Teacher Training through YogaWorks in Costa Mesa. At the Boeing Fitness Center she teaches a Vinyasa Flow style yoga class with an emphasis on breath, movement, and alignment. She tries to share with all her students the wonderful benefits and inner awareness that synchronizing movement with breath can bring to the body as well as the mind. Laura imbues all her classes with a sense of fun, openness, and great music. She also teaches gentle, Restorative Yoga classes for the National MS Society.



Laura is currently completing her Associates of Science degree at Orange Coast College with a Fitness Specialist certificate. She is also excited to be starting another 300 hour Teacher Training at Yoga Works in the Fall, mentoring under Erika Burkhalter.

Laura likes to live by a saying that her dad always said to her growing up, "Do good things for yourself." She believes that the practice of Yoga is definitely good, if not great!