

## About Laura Vanasse

After practicing yoga on a personal level for over 30 years Laura began studies to attain her 200hr teaching certificate in 2015. In May 2016 after receiving her 200hr certification Laura started her private yoga practice, Inner Peace Transformations. Yoga studies are continuous and she is now working towards her 500hr certification while simultaneously teaching through her practice.

Having worked for three decades in the stressful field of finance and overcoming many adversities , Laura has a special spot for those seeking to transform their life in a more balanced and peaceful way. Her classes are restorative, slow paced and geared towards slowing down the mind while increasing strength and flexibility through proper breathing and yogic asana's.

Laura teaches beginner level classes at various locations in Thunder Bay. Classes never rush progress and are meant to open up the mind & body slowly week by week. For more information on classes offered by Laura Vanasse please see her website [www.innerpeacetransformation.com](http://www.innerpeacetransformation.com). You can contact Laura through the contact page of her website or by email at [lauravanasse@shaw.ca](mailto:lauravanasse@shaw.ca).



**INNER PEACE Transformations**

*"Transforming Lives through Yoga"*