

A 2017 graduate of Align and Shine Yoga, Lydia Coull completed the 200 hour Hatha Yoga teacher training in November and is very excited to share her training with others.

Her transformative journey began 4 years ago when she was looking to manage repetitive injuries, relieve stress and anxiety and heal from multiple reproductive surgeries. She was always drawn to yoga but repeatedly flared up old injuries so she decided to join yoga teacher training for the purpose of creating a private practice for herself with no plans to teach when she sent in her deposit. One the second day of training Lydia had an experience that left her emotionally confused and full of fear; she had to share her training with others and she was not at all comfortable with that! Her training has given her the confidence to begin teaching because the tools and training she has need to be shared with others.

Not only has Lydia found healing, comfort and calm with yoga; it has helped her find her purpose in life and develop better relationships with herself and others. The stories she tells of her transformation over the last 4 years are inspiring and help others to recognize that, no matter what is happening in life, it can be overcome.

Lydia's class is for beginner students and anyone looking for alignment in their current practice.

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