



Daphne Bennet

CANADA

Daphne began her yoga journey over 25 years ago and maintains a passionate commitment to her own health and healing.

Her life's work is to share the extensive knowledge and wisdom she has acquired through her life experiences as a yoga practitioner, certified yoga teacher, certified life and relationship coach, adult educator, master facilitator and spiritual seeker.

Daphne is a natural teacher and healer with an innate ability to incorporate the teachings of ancient traditions, demystify concepts and provide practical tools and understanding to empower others to live their best life.

Her approach integrates a meditative awareness of mind, body, breath, emotions and spirit, using poses to get into our body not using our body to get into poses'.

She believes that yoga is for every body and everybody is able to develop a personal practice that can transform their life, on and off the mat. She provides loving support and guidance to overcome the obstacles and challenges that naturally come our way when we commit to exploring our inner and spiritual landscape on the journey to health and healing.