



Izabela Linek

CANADA, POLAND

Izabela Linek - Classical and Kundalini Yoga teacher is trained in Canada, India and USA.

She is a Thai Yoga Massage therapist , Ayurveda practitioner and Certified Reflexologist with over 10 years experience. Her hands on style blends various massage techniques to relieve tension and unblock energy paths for physical, mental and emotional balance. Working with the body, practicing Yoga and daily meditation helps her in every day life to be aware, present and responsible, fully alive and happy. Rising consciousness and self awareness are what she values the most. To teach is to learn. Learning about ourselves has limitless potential. It's her sincere desire for people to experience a practice that will bring joy, health, increased mind and body awareness.