

MARIA VAN ROODE



Maria is a devoted teacher and student of yoga. She teaches with a focus on increasing flexibility, strength, and balance through stability. She encourages her students to be open and accepting of where they are today yet continuing to challenge them to strive beyond their boundaries. She teaches students to be observing of their own bodies and have greater alignment in their poses.

“My love of Yoga brings me joy and an openness to learning. I wish to share this with others. When we are open and accepting of where we are today, it allows us to restore calm in our body, mind, and soul so we can continue to grow.”