



# Laura Rose

## Yoga Instructor

### **Yoga Works 200 HR Yoga Teacher Foundations Certification**

Laura Rose is a Manhattan, Kansas native and began her yoga journey about 13 years ago as a college student with a class offered at KSU's recreation facility. Admittedly, she did not fall in love with yoga right away- it took some time for her to understand that it is much more than exercise! After moving to Chicago in 2009, she became very interested in hybrid classes offered at the gym- those that combine yoga poses with other forms of exercise. From there, she was hooked and began attending classes weekly.

Laura began practicing at CorePower Yoga and private studios about 3 years ago and received her 200 hour certification through YogaWorks in January of 2015. She names her Los Angeles-based YogaWorks teachers Alexandria Crow and Jessa Baxter-Voos (Orange Sky Yoga in Manhattan, KS) as major influences and inspirational figures in her life as a student and teacher of yoga.

Laura feels that yoga has been a truly life-changing practice for her, and that it has improved her overall quality of life and ability to cope with stressors. She hopes that by sharing her practice, students will find stillness through unification of body, breath, and mind. Laura believes that yoga is for everyone and that all can benefit from regular practice, whether it be through asana (posture practice), meditation, or pranayama (breath practice).

**Yoga Schedule available at the Front Desk.**