

NICOLE HERZOG

(SHE / HER)

Originally from Switzerland, Nicole discovered yoga during her travels in Indonesia. The practice of asana (and later, all the practices of yoga) allowed her to develop a connection to her body, calm her mind, and bring more authenticity into her life. Since completing 500 HR YTT in San Francisco, Nicole continues to dive deeper into practice with teachers from different lineages, such as Jivamukti, Katonah and Yin. She also offers Energy Clearings and Healing Circles, using the method Theta Healing.

Nicole understands her classes as a journey towards this inner place called Home - where you meet yourself and bring that knowledge into the world. Through chanting, Pranayama (breath) and Asana (movement) we discover our preferences, softening our edges and opening our perspectives.

To learn more about Nicole, follow her on Instagram @soul.and.sparkle or visit her website thesoulandsparkle.com

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Vinyasa Flow 7:00-8:00pm Mondays

