



Andrea Robin

Andrea Robin, 300 RYT, B.Ed, is a certified yoga mentor in the Hatha, Vinyasa and Partner yoga styles but considers herself a student first and foremost. She firmly believes that yoga helps people to heal from within, that everyone's journey is different and that you can never finish learning.

Known for her genuine and welcoming demeanour, Andrea encourages students to discover their authentic selves through asana (postures), pranayama (breath work) and meditation. She does her best to apply the teachings of various ancient philosophies to our hectic modern life. Andrea also likes to make sure that her classes are fun, accessible and varied in nature.

Andrea's svadhyaya (introspection and self-study) has led her to the study of energy work and chakras and to becoming a Reiki Master/Teacher to further be able to help others heal their personal traumas.

Having organised and taken parts in many charitable events, Andrea finds the act of giving to be one of the most fulfilling and rewarding aspects of life. To quote Winston Churchill, "We make a living by what we get, but we make a life by what we give." The more love and compassion we cultivate, the better we make the world for everyone.