

# Laura Gough Atkins

## RYT 200



Laura began her yoga journey as a Bikram yoga practitioner. She joined Bikram's 9 week Teacher Training in the Spring of 2013 in Los Angeles, CA where she worked with Bikram Choudhury himself. This life changing experience is the best thing she feels she has ever done for herself. What she loves most about yoga is that it really is, "come as you are." It's for every BODY. Just show up, be you and of course, BREATHE!! It's not about reaching the fullest expression of a posture rather enjoying the journey or the process. Throw out the road map and see where the breath leads!

Laura has always been interested in all styles of yoga. Her desire to share yoga with people from all walks of life eventually lead her to Melissa Scott's Sacred Glow teacher training in 2015. Discovering Core Strength Vinyasa has helped her to find her own voice and develop skills to help practitioners with different needs that come to her class. Through yoga, Laura has gained self confidence, relieved anxiety, and boosted her mood. What she hopes you get from her class whether it's a vinyasa class or a hot yoga class is that you will leave feeling better than you did when you walked through the door.