

CARLA RALEIGH BIO

With a background in acupuncture and Thai Yoga Massage, Carla has over 4000 hours experience teaching and practicing yoga. Carla is know for her expertise in teaching arm balances and strength building, but is equally adept at teaching and correcting improved mobility and injury prevention.- skills developed from qualifications in acupuncture, myofascial release and her own experiences overcoming serious injury.

Carla loves helping students unlock their potential and achieve things they never though possible, wther it be finding a sense in calm in an overactive mind, holding a handstand or something simple as touching their toes.



ONE ON ONE FOCUS

- ✓ Inversions / arm balances / handstand
- ✓ Stabilisation strength for standing balances
- ✓ Advance poses and transitions
- ✓ Yin Yoga specific for your body
- ✓ Breaking down alignment for your unique body
- ✓ Strengthening weaknesses/ deficiencies in body or mind



M: 0401 955 952 | @CARLARALEIGH.YOGI



BOOK
VIA
APP

1 ON 1
PERSONALISED YOGA OR AERIAL

INTRODUCTORY OFFER
3 SESSIONS \$297