



Hi, I'm René, a Yoga Teacher living in Lamberts Bay, on the West Coast, with my husband and two doggies. I completed my 200hour Yoga Teacher Training at the Wellness Connection in 2020 and further completed my 300hour Advanced Training as well as a 20hour Prenatal Training in 2021.

Yoga has always fulfilled my needs when it comes to creating a mindful and conscious practice. Yoga can challenge you in many ways, as well as bring calmness when life feels a bit stormy. It gives us the opportunity to grow on every level.

GAAF Yoga (GAAF means KIND in Afrikaans) is an offering where students are invited to explore movement as a means of kindness to ourselves:

Kindness to our mind

Kindness to our body

Kindness as a means of finding our way back to a place where we feel refreshed and connected.

GAAF Yoga is a safe space, where we celebrate our individual and unique selves, and share this journey of discovery with each other.

My style of teaching is a slow, gentle, vinyasa style. Come and explore your practice with me!