



YOGA AND EXPLORE SRI LANKA TOUR

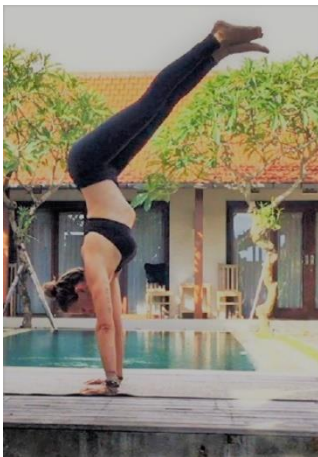
10 days (9 nights) | 19–28 March, 2017

MEET YOUR YOGA TEACHER - NIKKI STEVENSON

"I truly believe in the benefit of all forms of yoga. There is a style and a teacher to suit everyone. Yoga is for everybody", says Nikki who recently returned from Bali where she has been a resident teacher at Serenity Yoga in Canggu for the past year.



"I am passionate about life and about yoga and my style is a fusion of what has resonated most with me, it is always evolving, just as we are always evolving".



Nikki is an accomplished Yoga Teacher, who completed her first teacher training in 2013 in LA, and has spent the last few years traveling the world, training, teaching and exploring the beautiful diversity of the different forms of yoga.

*"My classes tend to lean a little towards the stronger side, however with the slow and steady pace at which I teach, everyone can adjust as needed. **Yoga is about feeling good about yourself and moving in a way that benefits you**".*



With the foundations of her practice and training stemming from a Vinyasa Style, Nikki's class are fluid and flowing, linking movement with breath, focusing on tuning in with the body and moving with awareness.

Follow Nikki on Instagram [Salt and Seed Yoga](#)

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Questions? Get in touch with us!

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