Lauren Bailey (LB) is dedicated to sharing the practice of yoga in a therapeutic, accessible, and hands-on way. Through depression, anxiety, and everyday experiences of being human, the practice has steadied her with accessible tools to evolve in healing both physical and emotional pain. In 2014, She completed her 200 hr Foundation Training with Ana Forrest. Forrest Yoga is a physically intense and internally focused practice designed to help heal patterns and beliefs that aren’t sustainable through the four pillars of: Breath, Strength, Integrity, and Spirit. This path opened her to living more intentionally, empowered, and available to meet the challenges life presents with willingness and a humble heart. She went on to complete two additional continuing education programs through Forrest Yoga, adding over 200 hrs of study, mentoring, and self inquiry. She quickly discovered her intuitive ability to work with her hands and desired to bring this healing technique into her classes and her private healing sessions. LB has completed Reiki 1, 2, and advanced Reiki 3. She has also completed an 80 hr Yoga Bodyworkers Training for optimizing functional movement through practical tools that speed up recovery and improve intrinsic mobility patterns. She loves studying all types of yoga and is currently apart of a 200 hr KRI certified Kundalini training. Recently LB and her friend Ashley have created Guardian Sessions: 4 handsin tandem providing healing work to help clients regulate, rest, and recover though a combination of healing modalities. She uses these physical and energetic practices to see how to best serve and empower the soul in front of her. Lauren Bailey loves yoga, healing work, breath work, and ceremony and is so grateful for how it has helped her come alive and awaken to how she can be of service here on this earth! The practice is medicine. The tools, grace, and connection to love her practice provides are what she hopes to share with her students.