

Lauren Verona

LAUREN VERONA IS A PASSIONATE BUSINESS WOMAN, YOGA TEACHER AND SINGLE MUM. SHE HAS CREATED AND GROWN FOUR THRIVING YOGA COMMUNITIES ACROSS AUSTRALIA AND MOST RECENTLY AN ONLINE YOGA STUDIO INCLUDING LIVE CLASSES.

As one of Food Matters official experts, Lauren streams her online classes, to over 1,000,000 viewers. Based on demand from both her FMTV clientele and her existing student base, she has most recently launched A Live Yogi - Australia's first live online yoga studio. Offering a variety of yoga styles, meditation classes, workshops and guest lectures, A Live Yogi has something for everyone, from beginners to advanced practitioners.

Lauren is also a motivational speaker, presenting at events such as Wanderlust festival, Sunshine Coast Yoga Fest and Mind Body Spirit events. She also hosts her own seminars and workshops at her Buddina and Noosa Zenko yoga studios.

Lauren speaks on many different topics from "Online Tools for Health & Wellness Businesses" to "How Filing up your Cup Actually Serves Others".



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a live yogi
connect through live yoga




Lauren Verona Yoga

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“That’s the magic of Yoga.”

“You have to be comfortable in your own company and for many people that can be quite confronting. If you are willing to be comfortable with yourself, you’ll find that you begin to unveil the limiting belief systems that are stopping you from reaching your full potential,” she says.

Lauren’s energy and enthusiasm for life is contagious and she has a unique talent for helping others knock down the barriers that are holding them back. Over the past ten years Lauren has guided thousands of people to connect with their true sense of purpose so that they can become the best version of themselves. “What I’ve found is that the more authentic I am in sharing my own journey, the more my students relax and ease into their practice. It’s as though my vulnerability gives them permission to not have to strive to be perfect and to feel okay with who they truly are.”

Lauren discovered yoga whilst she was running a full time PR company in Melbourne and within months of completing her teacher

training, was teaching full time. As a mother of two, she understands life’s challenges of finding time for ourselves and is passionate about assisting others with finding that balance.

She credits her strength and tenacity to the time she has spent on the yoga mat, not only teaching, but sitting quietly and searching within, to find her inner self.

“The more you practice, the stronger you get. Your mind becomes flexible, as well as your body and eventually you find your flow effortlessly and that infiltrates into all aspects of your life. This is when you just know you can’t live without yoga. It gives you the tools and techniques to breathe and remain calm through life. “That’s the magic of Yoga.”

“Lauren is one of our favorite yogis on FMTV!”

James Colquhoun,
Filmmaker & Founder Food Matters