



a live yogi

connect through live yoga

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Local Yogi Launches Australia's First LIVE Yoga Studio

You may have heard of Lauren Verona through her two popular Zenko Yoga studios on the Sunshine Coast in Buddina and Noosa. Both studios have created enthusiastic and bustling communities in their own right, yet Lauren's greater goal has always been to share yoga with a global audience in order to positively inspire as many peoples lives as possible. A Live Yogi, Lauren's brand new yoga studio, breaks beyond the barriers of location, time and accessibility to offer Australia's first LIVE online yoga studio. This digital space allows people to connect to live-streamed classes and teachers from the comfort of their own home, anywhere in the world.

Lauren knows first-hand the tremendous benefits of a regular yoga practice. Her own initial experience with yoga had her saying goodbye to a hectic corporate nine-to-five in favour of a more zen-filled life. 'Yoga literally saved my life,' Lauren confesses, 'And I want the same experience for others.' With yoga branching out in new and unique ways to meet the demands of our modern lifestyle, the online studio offers an exciting platform where the ancient practice of yoga meets digital convenience. With cutting-edge technology, A Live Yogi allows practitioners to log in and view the week's schedule, or choose from an existing library of classes. A countdown to the next live session appears on the homepage and you can also book into classes in advance, saving them to your calendar so you never miss your favourite session.



Offering a variety of yoga styles, meditation classes, workshops and guest lectures, A Live Yogi has something for everyone, from beginners to advanced practitioners. Without the need to drive to a studio, purchase top of the range yoga attire, or line up a babysitter, the online studio allows you to roll out your mat and practice when you wake up, return home from work, or when you may find a window of time to yourself within your busy schedule.

Practicing yoga online isn't entirely new. What is new and unique about A Live Yogi is the live element, which Lauren believes adds a dynamic component to the experience. 'You know that we (the teachers) are practicing right there with you, along with other people all over the world. The content is raw, it's alive, it has a personal touch and exciting spontaneity that prerecorded content is missing.' Furthermore, Lauren explains that the live nature of the class evokes a greater sense of accountability; people are more inclined to show up and see the class through when they know they're part of a greater whole.

In a day and age when everything seems to be jumping ship to an online platform, it is really no surprise that yoga is following the trend. What is a surprise, is the way in which the practice maintains not only its inherent nature, but also its goal. 'Students always say to me how after a live online class they feel the same way as they do after a regular studio class: relaxed, invigorated, calm, present. And this "yoga high" as we like to call it, stays with you longer when you don't have to race out the door and tackle a drive home!'

Finding new, simple ways to look after our health and wellbeing can only be a positive thing. Whether you're at home, at work, or on vacation, A Live Yogi is live and waiting for you.

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