



# TINA LORENZ

**NEW@Yogalives**

**Thursdays 20h15- 21h45**

## *Evening Vinyasa Flow*

*This class is a combination of soft and dynamic sequences put together on a steady breath. Get your energies flowing and let your body stretch and strengthen and at the same time, let go of the day.*

*Level: Open*

*Tina Lorenz was born and raised in the south of Germany, next to the mountains. Tina went to her first yoga class in 2006. Ever since then, she can't imagine a life without yoga anymore.*

*After exploring many different yoga styles, Tina found her affinity for Vinyasa Yoga. In 2015, she moved to Zurich and started taking classes at Yogalives with Olive Ssembuze and Chantal Hauser.*

*This July, Tina successfully completed her 200 Hours in Ubud Bali with Yoga Arts and founder Louisa Sear. Tina is trained in Hatha – Vinyasa Yoga, Therapeutic Yoga and Ayurveda Lifestyle and RYT-200*