



I'm Sarah Savidge, a certified Yoga Instructor and Health Coach. I have always enjoyed the art of expressing myself through movement, but it wasn't until I lived in Hawaii that I encountered the power, grace, and meditative movement of yoga. In 2015, I completed a Vinyasa Yoga Teacher Training in Hawaii and began my teaching journey.

I've spent almost four years in Thailand, where my passion for teaching and all things wellness continues to expand. My passion for going deeper into self exploration led me to complete a Hatha based training at VIKASA Yoga Academy, in Thailand, and study under the expertise of Kosta Miachin. With 500 hours of training and over four years of teaching experience, I am delighted to guide each student on this journey back to self.

I thoughtfully design each yoga class with a combination of intentional music that has been crafted specially for a yoga practice. My style works with synchronizing breath to movement which helps to trap the monkey mind and allow for a deeper transformative experience. My classes are much more than a physical workout. Come and experience REAL yoga through a combination of asana (physical postures), pranayama (breathing exercises) and meditation.

Hatha Yoga

A slower paced practice with postures targeted to meet each individual's needs. Hatha involves a set of physical postures and breathing techniques, practised more slowly and with more static posture holds which helps to bring peace to the mind and body. A slower pace doesn't mean gentle, intensity will vary based on the practitioner goals and yoga experience.

Vinyasa Yoga

A style of yoga characterized by stringing poses together so that you move from one to another, seamlessly, linking your breath to movement. Commonly referred to as "flow" yoga, Vinyasa classes offer a variety of postures and no two classes are ever alike. Experience everything from seated to standing sequences targeting all areas of the body.

Yin Yoga

This restorative style of yoga consists of a series of long-held, floor poses that mainly work the lower part of the body - the hips, pelvis, inner thighs, lower spine. We physically target the deep connective tissues of the body - the ligaments, joints, bones, and deep fascia networks. The



poses are held for three to five minutes to allow your body to fully open. On an energetic level, Yin yoga improves energy flow and enhances the flow of chi in the organs plus offers mental and emotional benefits too.

Mindfulness Meditation

A guided meditation experience that blends various techniques from visualization, breathing, mantras and more. All techniques used are to create awareness and insight by practicing focused attention, observing, and accepting all that arises without judgment.

Pranayama (Breathing Exercises)

In order to understand the purpose behind pranayama first you must know about prana. Prana is energy or life force in a constant state of motion. Our breath is a form of prana. Prana is the vital life force and pranayama is the process or vehicle used to increase pranic energy. In pranayama practices we are using the prana (our breath) to activate the body to higher frequencies (moments of pure consciousness). I will guide you through a practice of various techniques depending on your goals and experience.

Health Coaching

I graduated from the Institute for Integrative Nutrition school based in New York. I understand how important it is to integrate lifestyle balancing techniques into a demanding daily schedule. My coaching programs are designed for serious, professional women and men who struggle to find time to maintain health but are committed to THRIVING.

Is your hectic, professional lifestyle causing you to eat unhealthily? Are long hours in a career-driven environment leaving you stressed or burnt out? Are you sick of yo-yo dieting, the diet-binge cycle and restricting what you can eat? Then I can definitely help! There is no one size fits all solution to achieving optimal well being.

I specialize in getting busy, success-driven people: away from the all-or-nothing mentality of diets, healthy and balanced in terms of nutrition AND lifestyle, energized and confident enough to take on the world again!



Do You:

- Believe you put on weight unless you watch everything you place in your mouth?
- Think of trying yoga and meditation but the body-hugging lycra attire and the om-zen-calm crowd feel intimidating?
- Battle with time to get everything done, sneak in some hours for sleep in the night, and have zero time for extravagances like exercise and healthy cooking?
- Have cravings so strong they could pull a car uphill, as they do you out of bed to the fridge?

Imagine feeling so content that chocolate doesn't even cross your mind. Yes, that's possible. And easier than you think!

Discovery Session

All initial sessions are 90 minutes in duration and include an assessment of the client's current state of health and wellbeing. In the initial session, we will discuss all forms of nourishment from a holistic approach including; eating habits, stress, physical activity, relationships, career, spirituality and more. We will assess what's working well and not so well from all types of nourishment. Health and happiness is much more than only what goes on your plate! You will leave this session with a written summary that includes five recommendations with guidance and instruction on how to weave them into your daily life. Remember small changes over time is what leads to big changes and lasting transformation.

Health Coach Session - 60 minutes

Follow up sessions can be booked for a duration of 60 minutes. Each session is personalized and topics will vary based on the client's goals and health concerns.

Booking Terms

Must book a minimum of 60 minutes in services.

Cancellation Terms

Must cancel seven days prior to the event start date or more in advance to avoid cancellation charges. Cancellation within the seven day window results in 100% payment of services.