

# Lauren Star

Lecturer at Loyola Marymount University

Los Angeles, CA, US

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## Biography

I began practicing yoga while living in southern Africa in 1994. What began as an interesting way to exercise ended up being a path to deeper understandings of myself, of health, of wellness and vitality. Yoga practice touched my mind and heart. In 2002, I earned my Yoga Teacher's certification through Ananda Kutir Ashram (Sivananda lineage) in Cape Town, South Africa. Besides the monks, nuns, and other teachers at the Ashram in South Africa, I have studied with some great teachers in the United States. These teachers have taught me yoga practices and perspectives, and have served as living examples of grace, humor, self-discipline, tenacity, and kindness: some of the hallmarks of long-term yoga practice. These teachers include: Roman Szpond (heated power vinyasa), Jillian Pransky (Restorative yoga), Krishna Das (Bhakti yoga, yoga philosophy), Dr. Lori Rubenstein-Fazzio (Anatomy, physiology, and Yoga Therapy), Dr. Christopher Key Chapple (Yoga philosophy and history), Dr. Chris Jain Miller (modern Yoga and Hatha Yoga) and Stephen Cope (Yoga psychology). I have been teaching yoga professionally since 2003. I was the head yoga teacher at Inner Strength Studio in Boston for 15 years. During this time I lead workshops, retreats, and trained new teachers through the Inner Strength Yoga Teacher Training program. Besides teaching in various yoga studios around Boston, I taught yoga at high-end gyms, retirement homes, in-home private lessons, and a women's shelter. In 2020 I graduated from Loyola Marymount University (LMU) with a Master's Degree in Yoga Studies. I am currently doing post-graduate work in Yoga Therapy at LMU, with the intention of becoming a certified Yoga Therapist.

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## Areas of Expertise

Yoga

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