



GLORIA OWENS

*Holistic Wellness Alchemist;
 Certified Kripalu Yoga Teacher, Restorative Yoga Teacher, SUP Instructor,
 Mindful Mover & Shaker, and Essential Oils Educator*

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Gloria Owens is an experienced Certified Kripalu Yoga Instructor, Restorative Yoga, Meditation and Mindful Movement facilitator who has been leading transformational classes & workshops yoga since 1994. She has studied with many yoga & dance luminaries, including Liliás Folan, Shiva Rea, Tod Norian, Leslie Kaminoff, Elena Brower, Swami Asokananda, Toni Bergens, Dan Leven, and many more. For 15 years she was the co-owner & director of YogaSpace, a thriving studio in Bethel, CT, before moving to South Carolina in 2020.

Gloria's inspirational yoga classes offer an eclectic mix of styles in a fun and non-judgmental atmosphere; appropriate for newbies and intermediate students alike. She weaves together traditional yoga poses, breathing techniques, expressive movement, conscious self-reflection and guided relaxation. Her compassionate and intuitive teaching style makes each class a unique experience. Music and breath are an integral part of a yoga experience with Gloria – creating rich and varied yogic experience – and awakening the body's innate inner wisdom. Gloria specifically enjoys teaching “boomers, beginners & seniors”, meeting each student at their level.

Gloria is also a “water baby” and certified to teach Stand Up Paddleboard Yoga. She delights in helping students connect with nature and themselves through SUP experiences, tailored to students' skill level.

In addition to a life-long exploration of wellness practices, Gloria has enjoyed a parallel career as a talented art director, graphic designer, photographer and visionary artist. She has spent decades exploring the realms of creativity, beauty, spirituality and practical approaches to health & wellness. She brings her playful and luminous spirit to each class, and invites students to do the same.

BEGINNER & MIXED-LEVEL CLASSES & WORKSHOPS:

- Gentle Yoga
- Yoga Basics / Intro To Yoga
- Kripalu Yoga / Hatha Yoga
- Restorative Yoga
- Slow Flow
- Boomers & Seniors Yoga
- Intro to SUP Yoga
- Essential Yoga (Yoga with Essential Oils)
- Private and Semi-Private classes



INTERMEDIATE CLASSES & SPECIALTY WORKSHOPS:

- Chakra Yoga
- SUP Yoga
- Transformation through Transition:
 A Yoga-Dance Journey to Freedom
- Professional Mentorship for Yoga Teachers and Studio Owens

TECH & MARKETING SKILLS:

Virtual Classes on Zoom, MindBody Online, Social Media, Graphic Design & Copywriting, Constant Contact, etc.

{Certifications, Liability Insurance documents and additional photos available upon request}

