RA LIFEFIT

Meet our Yoga Instructors!

FRANCHESCA RANGER

Franchesca's journey began in 2018, when she traveled to India to study Hatha and Pranayama Yoga. She also trained at the Aegialis School of Yoga on the island of Amorgos, where she earned her 200-hour Hatha Yoga certification. She has gone on to gain certifications in Yin Yoga, Guided Meditation, Children's Yoga, Chair Yoga, Yoga for an Aging Population, and Soma Yoga.

JULIANNA TSE

Julianna sees yoga as a tool for physical, mental and emotional transformation as well as health and healing. In her classes, you can expect a blend of yoga asanas, a pinch of philosophy, a touch of humor, and a steady breath. Yoga is beneficial for everybody and Julianna strives to offer modifications for all levels and abilities. She has completed 200 Hours Yoga Teacher Training (YTT).

ANNA WILSON

Anna has always been passionate about movement and finding new ways to move her body. Upon completion of 500 hours of Yoga Teacher Training (YTT), Anna opted to further her education, and received an additional Trauma Informed Certification. Anna firmly believes that Yoga is so much more than asana (the physical aspect of our practice) and that we can all benefit from a little "joyful funness"!

ELLEN BERTRAND

Ellen has been teaching since 2007. Her mission is simple: offer yoga classes, workshops and retreats that leave students feeling better and more in tune with themselves. She is registered with Yoga Alliance as a 200-hour trained Experienced Yoga Teacher and a Continuing Education Provider. Her teaching repertoire includes yin yoga, yoga nidra, meditation, gentle yoga and restorative yoga

THU HOANG

Thu sees yoga as a learning journey where breath, mind and movements are brought into one for the discovery then acceptance of the self in all levels of being: physically, emotionally and mentally. Thu loves to spread the benefits of yoga into every single student. Please bring your willingness of learning in her classes,