

Lexie Major

Lexie teaches Kids Yoga at Flowing Yogi Studio in Cochrane.

Lexie has been teaching yoga since 2004, she took her training through The Yoga College of Canada in Calgary, AB. She is also certified as a Children's Yoga and Pre-natal Yoga Instructor. Her love and patience for children is what directed her to specialize and teach Children's Yoga. She teaches children's yoga in schools and centres throughout Calgary and Airdrie, Alberta.

" Watching a child practicing a yoga pose that is difficult for them to do and seeing them accomplish it, is truly the most rewarding part of teaching children yoga." ~ Lexie Major

To register and pay for Lexie's classes please contact her directly.

Phone: 403-998-5671

Email: justbe.yoga@yahoo.ca