

**LOLA SCARBOROUGH, E-RYT 200, RYT-500, IKYTA CERTIFIED
BA POLITICAL SCIENCE,
TEACHES KUNDALINI, FLOW, FITNESS, YIN AND HATHA YOGA**



Lola is an IKYTA and Yoga Alliance E-RYT certified yoga teacher and a co-owner and Managing Director of Yoga Lola Studios. Lola is also a certified life coach, a certified Wellness & Health Restoration Natural Foods Consultant, a certified tonic herbalist, a certified Ayurvedic Practitioner, a certified aerobics teacher, a certified Level III Reiki master, and a novice astrologer. She teaches Kundalini Yoga classes (as taught by Yogi Bajan) along with many other types of yoga. She has a long history as a writer, teacher, and project manager in the business world. She authors/has authored articles, and films videos related to yoga, health, and healing. Lola also develops and oversees the 200-Hour Yoga Mastery Course/Yoga Teacher Training Yoga at Yoga Lola Studios, as well as the 65-Hour Energy Mastery Course and other Yoga Lola training programs.

Lola has worked with well over a thousand client throughout her long years as a Natural Wellness Consultant. Client include everyone from clients that radiantly healthy and physically fit to expecting moms, seniors, and people suffering from or recovering from diseases of all kinds and traumas of all sorts. She has witnessed what yoga, breathing exercises and other aspects of yogic practice (and energy bodywork/nutrition) can do to maximize/restore health and allow people to live fully and richly in their lives. As a result of Lola's extensive knowledge and training in nutrition and herbals, combined with her knowledge of Energy bodywork and other long-standing wellness technologies, Lola is adept at providing solutions that helps clients regain their balance, let go of stress, and enhance their health.

Trained by her grandmother in the art, of using energy to restore, relax, and ease both physical and emotional pain, Lola has been practicing energy bodywork (Reiki and more) for over 40 years. She sees daily the tremendous power of rejuvenation that proper nutrition, proper lifestyle, proper thinking and Reiki/Energy bodywork are capable of bringing to clients.