



Fran Mir-Robertson
Yoga instructor

ABOUT ME:

After many years of having my own personal practice of yoga I pursued my first 200 hr Yoga Alliance certification, simply for personal self-growth. Upon arrival home I realized that it was my passion to spread this love of yoga to others so that they too could witness the transformational power of this ancient practice.

Over the years I have studied various styles of yoga and have benefited in some way from each method. I have been blessed with the opportunity of spending time with many gifted teachers who over the years shared their generosity of spirit and knowledge with me. I hope to honour them and pass along their teachings to you. To them I will give a life time of gratitude!

CERTIFICATION:

200 hr Yoga Alliance
Salt Spring Centre of Yoga
Ashtanga Eight-Limbs of Hatha Yoga

200hr Yoga Teacher Training
Winnipeg Yoga Centre
In the style of Iyengar

Yoga Meditation training
Thekkady, India

Silent Yoga Retreats
Tulum, Mexico

