

UPLIFT



BY RACHEL LYNN



ABOUT RACHEL

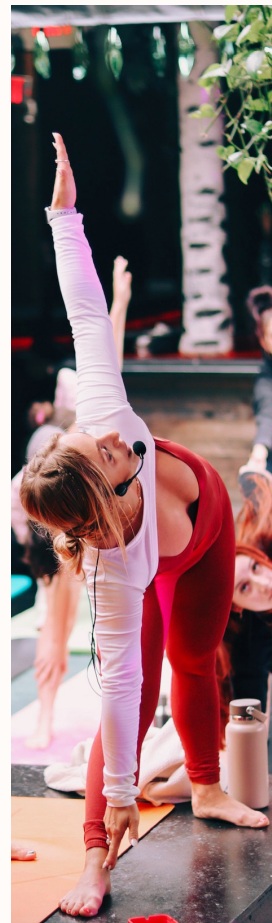
Rachel began her consistent yoga journey in 2013, seeking balance during her university studies and combatting insomnia with a recommendation to try yoga. Falling deeply in love with the practice, she fearlessly explored various yoga styles, immersing herself in its transformative effects. Under the expert guidance of a comprehensive yoga teacher training at Caribe Yoga Academy, Rachel discovered her dharma and proudly became a registered yoga teacher in 2018.



She spent several years living in the Caribbean side of Costa Rica. Surrounded by the abundance of the rainforest, Rachel found inspiration within the laidback, near to nature lifestyle, where she devoted herself fully to embracing her passion for yoga. Now residing in the vibrant city of Miami Beach, Rachel has become a central figure in the local wellness community. Curating unique and enriching events, she leads movement classes that provide a truly one-of-a-kind experience. Enthusiasts can join her at Hanu Yoga Studio in South Beach, or immerse themselves in the ambiance of the world renowned Club Space, for yoga under the disco balls, where flashing lights collide in harmony with live DJs mixing deep house music during the practice. For those who prefer concierge wellness, Rachel offers personalized one-on-one sessions, catering to the individual needs of each client, with compassion and attention to detail. Rachel's expertise lies in guiding powerful vinyasa flows, characterized by creative and seamless transitions that invigorate both the mind and body. However, she also finds great joy in leading slow and meditative yin practices, where participants can delve deep into a state of peace and self-awareness. Rachel infuses the principles of peace, self care, mindfulness, and intention, fostering an empowering and nurturing atmosphere for all, regardless of skill level.



Rachel warmly invites individuals to embark on an inward journey, offering the uplifting rhythm of good music to accompany the experience. On the mat with Rachel, one can expect a transformative and soul-nourishing practice, as she wholeheartedly shares the boundless benefits of yoga and the profound connection it can bring. Rachel also offers pilates classes, breath work sessions, sound healing meditations, thai massage, and personal training. She hosts several international yoga retreats annually.



CERTIFICATIONS & TRAINING

- 500 hour RYT (Registered Yoga Teacher)
- Thousands of hours of teaching experience
- Yoga Alliance member
- Mat Pilates + Sculpt
- Thai Massage Level 1
- HIIT & Tabata Instructor
- Personal Training
- 70 hours of Continued Education on the Chakras
- Bachelor of the Arts from FAU

OTHER OFFERINGS

- Soundbath with Quartz bowls
- Guided Meditations
- Guided Breath-work
- Yoga Touch Massage
- Chakra Balancing
- Aromatherapy with Doterra
- Wellness Events Curator
- Brand Collaborations
- Trauma Informed Yoga
- International Retreat Host
- Corporate Wellness
- Cacao Ceremonies
- Mentorship for new yoga teachers
- Native Spanish speaker



YOGA OFFERINGS

HATHA YOGA: The practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. Typically slow-paced with a focus on proper alignment,

VINYASA FLOW: The body moves in sync with the breath, creating fluid and smooth movements. Connects the mind, body, and spirit and will help to improve your flexibility, balance, and strength. The flow transitions between postures with the inhale and exhale.

POWER FLOW: Energetic, faster-paced vinyasa that features quicker transitions from one asana to the next, while focusing on connecting deeply to your breath. Power flow cultivates strength and is a more vigorous practice.

YIN YOGA: Reduces stress and inflammation while restoring balance to the parasympathetic nervous system. Slower movements cultivate space for a deeper and more restorative experience. Poses are held for an extended period, allowing students to experience the benefits of each posture with low risk for injury.

YOGILATES: A fusion of yoga and pilates, this core-challenging yoga class focuses on asanas infused with pilates movements focusing on your core and full body toning.

SUITABLE FOR ALL LEVELS! IF YOU HAVE A BODY, YOU CAN DO YOGA! =)