



Angie Smith

Bio

We are thrilled to have the vivacious, fun loving and renowned yoga teacher, Angie Smith, as part of our Bodacious trips. Angie will share with us the joy of mind and body connection in the majesty of the Bugaboos.

Like many teachers and practitioners Angie is not sure if she found yoga or if it found her. Angie is very grateful for this ancient practice that has shaped who she is and continues to evolve her life to this day – spiritually, mentally and physically. Yoga has taught Angie to look inside and see her true self, and most importantly to see that yoga can be found in any practice we put our heart and soul into.

Angie's love of yoga has allowed her to travel and study internationally. In 2006 she traveled to Mysore, India to study with Sri K. Pattabhi Jois and his grandson Sharath.

Bodacious Yoga

Sunrise Yoga

Angie invites you to welcome each morning of your Bodacious experience with a gentle, energizing and opening Sunrise Yoga practice. Transition through flowing postures using breath to unite, open and gently awaken the body, mind and spirit. Angie's passion is sharing and engaging all levels of practice. Her attention to detail and ability to connect with each person individually ensures everyone is comfortable and working to their own abilities.



Yoga Flow

After a day of breathtaking scenery and exhilarating exploration, Angie will lead you in an energizing Ashtanga inspired yoga flow class. Breath will link postures together in a flowing series of dynamic poses. This class is intended to be fun and energizing, suitable for every fitness level, flexibility level and body type. Open your body and open your mind!

Guided Meditation and Breathing

Relax and release all your stresses with Angie's personalized meditation and breathing exercises. Let her calm and healing nature guide you through a session of Pranayama (breathing exercises) and meditation leading you to a place of inner peace and bliss.