



## PAMELA HARRIS

*Yoga Teacher & Studio Founder*

As the founder and principal teacher of her yoga studio, Pamela embodies a commitment to holistic well-being, blending dynamic movement and stillness to cultivate health and happiness.

- Over 20 years of experience leading both open classes and private sessions at Sandy Lane.
- Certified [Anusara® Yoga](#) Teacher and Advanced Therapeutic Yoga Instructor, through the school of Integrative Yoga Therapy.

Her teaching style is renowned for its clarity, uplifting energy, and ability to encourage deep awareness in both gentle and vigorous practices. Anusara, a heart-oriented practice that emphasises alignment and energy flow, forms the foundation of her approach. Through action and openness, she inspires students to awaken their hearts, illuminate their minds, and strengthen their bodies. With a strong focus on safety and freedom, she intuitively tailors each session to meet individual and group needs.

Pamela is deeply committed to wellness, uniquely skilled in reading bodies, assessing needs, and crafting transformative yoga experiences that nurture both physical alignment and inner balance. Whether guiding students through therapeutic healing or empowering them in dynamic flows, her approach fosters a complete mind-body-spirit connection.

