

About Lorraine

Growing up on a farm in the Pembina Valley near Pilot Mound, I was always running, biking, swimming, milking cows & helping with harvesting, haying & seeding.

I still love being outdoors walking my dog Sadie, gardening, mowing the grass in the summer and travelling to Raleigh, NC for winters where my son, daughter-in-law & granddaughter live.

I believe being active and practicing Yin Yoga will prevent deterioration of my joints so I can keep doing the things I love.

The Stretch & Strengthen classes are designed for anyone who wants to strengthen their joints and increase their range of motion. The Yin Yoga series with 3 - 5 minute holds will stretch the fascia around the joints for greater mobility & stability

Getting a website up & running has been on my bucket list for a long time & with covid restricting the interpersonal teaching, I decided it would be the perfect time. Thanks to Mitchell & Kelli for their patience and insightful input in this process.

Lorraine Marek