

Lauren Parsons has completed the 200 Hour Yoga Teaching Certification and is registered with the Yoga Alliance. Lauren is a graduate of UC Berkeley with a degree in Theater and Performing Arts. She is currently teaching "Yoga Kids" at the Evergreen Learning Center, private sessions at the Santa Barbara YMCA and adult classes at Let It Go Yoga. She is always ready to form a new class time for teens and family yoga classes. She can come to your location for private sessions and kids yoga parties.