

Lauren Parsons teaches an eclectic blend of the most popular hatha yoga styles. She currently teaches yoga for teens at the Santa Barbara YMCA. She is a teacher for the Let It Go Yoga Studio in Goleta and is tutoring yoga at SBCC this fall. Lauren has just completed the Let It Go Yoga 200 hour Teacher Training and is nationally registered with the Yoga Alliance.

Lauren's Mantra: Step onto the mat and deeper into yourself.