

Marianne Madsen, Studio 7's Yoga instructor, began studying yoga 30 years ago. In 2007, she decided to make it more than just a hobby and enrolled in the Let It Go Yoga School of Goleta, obtaining her teaching certificate in Restorative Yoga. She has since become certified in Hatha Yoga, Power Yoga and both Let It Go and Lifestyles Yoga (which includes yoga for seniors, children, prenatal yoga and yoga therapy). In November 2008, Marianne received her certification in the 200 hr. Yoga Teacher Training program and became registered with the Yoga Alliance. Marianne focuses her main teaching efforts on Restorative and Let It Go Yoga, offering private sessions in addition to class work. She combines her qualifications in yoga with a certificate in Massage Therapy from the Hirudaya Holistic Life Center and offers massage sessions for women in addition to yoga for all. She is also teaching yoga at the Lompoc YMCA and Buellton Recreation Center. Contact Marianne by phone at (805) 451-6482 or email: rejuvenate@myabmp.com.