



ABOUT

OLIVER

Two years ago, Oliver started his yoga journey with the Ashtanga practice, a path that requires a persistent commitment to showing up on the mat each morning in order to progress and cultivate a sense of discipline in oneself.

Upon discovering the holistic and transformative powers of Ashtanga, Oliver is dedicated to sharing his yoga practice with others. His classes draw inspiration from the asanas found in Ashtanga, and he incorporates these poses into a strong and dynamic flow, suitable for practitioners of all levels.

Oliver's style of teaching is a reflection of his own yoga journey. He believes that yoga should be taught with compassion and patience. He often gives words of encouragement, and he never pushes his students to go beyond what they are comfortable with doing. Students can expect a challenge from his classes, but they can also rest easy knowing that his classroom is a safe space for them to explore their potential at their own pace.