

The world is a mirror,  
forever reflecting what's within.



ABOUT

# DIANE ROSTAING

Diane was born in Asia, grew up in Africa, and graduated in Europe. She has always been living around the world, and she was originally introduced to Sivananda yoga after having lower back pain following the birth of her daughter. Her interest and love for yoga flourished when she discovered Vinyasa Dynamic Flow and Ashtanga Mysore Style.

After 15 years working in the Oil and Gas Industry, life and her passion for yoga has led her to quit her corporate job. She is a dedicated Ashtangi mysore style practitioner but learnt modern yoga with Dini Maharani. She also studied under David Swenson, David Keil, Mark Robberds, Laruga Glaser, Jason Crandell, Kino Mac Gregor, Jules Febre, David Robson, Sharath Jois, Saraswathi Jois and Vinay Kumar.

Having started yoga at 33 years old after the birth of her daughter, she deeply understands and feels how difficult building flexibility, strength and stamina can be.

She is a certified 500 Hours Registered Yoga Teacher with Yoga Alliance. Her teaching style is known to be creative, powerful and playful. She teaches Vinyasa Flow, Power Yoga, Yin Yoga, as well as Ashtanga inspired flow. Her classes will surely energise and boost your mood and body. She sees yoga as a bubble of happiness and her students can expect a dynamic, energetic, humble and friendly atmosphere in her class.

Diane remains a student of yoga, always learning everyday from her students, her teachers as well as from the day-to-day life.