



SONJA STOECKLI

Sonja was first introduced to yoga thirty-four years ago while visiting England. She was inspired by yoga. After she returned to Switzerland, she practiced for several years on her own. She started practicing more seriously eight years ago and was a student of many inspirational teachers who instilled in her the love of the different aspects of yoga. She started believing in herself, found the doorway to her soul, and found the love and strength in her body to become an inspirational teacher herself.

Sonja's intention is to challenge and guide her students in her Vinyasa Flow Yoga classes. Her goal is to enable her students to find a deeper awareness of the connection of the mind, body, and spirit. She also encourages them to increase their flexibility and to build strength and alignment in their bodies.