
Bella Yoga™

Yoga is a 5,000-year-old practice that reintegrates the mind, breath and body, providing each practitioner with a practice of recognizing one's true nature: wholeness. Transforming our sleeping dragons of limitation, fear, and inadequacy through the practice of loving and witnessing our whole self brings us to a place where we stay open to the present. Each *Bella Yoga* asana class challenges the student to witness their inner dialogue, create equanimity and move the body into anatomically challenging and safe vinyasa sequences bringing us to our full potential and creative possibilities.

Michelle Maue

Received her Masters in Social Work at SIUE in 2001. She designed a corporate yoga program and has taught to over 100 students at A G Edwards Headquarters, in downtown St. Louis. She also began a yoga studio in Clayton, Missouri and is currently leading a yoga alliance registered teacher training for 200 hours. Her teachers include Dana Nellen, John Friend, Baron Baptiste, Tias Little, Seane Corn, Jonny and Bryan Kest. Her inspiration comes from following the rapture of her soul while watching her students remember and embrace their sacred path.



Michelle