

# EMILY MOAK

## YOGI & NUTRITIONIST

**In-Residence: 01<sup>st</sup> December 2023 – 15<sup>th</sup> April 2024**

Emily is a passionate Yoga instructor who seeks to empower others on their wellness journeys. With a master's in public health and nutrition education background she is dedicated to health and wellness. Emily's holistic approach considers the whole person, their environment, and the challenges they face living in a modern world.

Whether it's your first Yoga class or you are an avid Yogi, you are **sure to enjoy an inspiring and heartfelt practice**. Join Emily for an uplifting and dynamic session of breathwork, movement & flow, and mindfulness meditation in her all-levels 60-min group class or try a personally tailored private session to fit your needs.



### **STAND UP PADDLE BOARD (SUP) YOGA**

Performed on stand-up paddle boards floating over the clear and calm lagoon, this class takes your Yoga practice to a whole new level. Emily will guide you through a practice that **improves balance, focus, core strength**, and more. Enjoy Yoga in this fun and creative style while you discover a deep and tranquil connection to nature and yourself. All levels are welcome. Group and private sessions available.

Contact your Thakuru for more information and booking.