



BRIGITTE HAGE-CHAHINE

Brigitte is a registered yoga teacher from the Canadian Yoga Alliance. She was born in Lebanon but grew-up in France. This dual cultural upbringing led her on a quest for identity; Who I am? Where do I belong? At 25, she found yoga and in yoga she found meaning and purpose. She has been practicing and learning the yogic philosophy ever since. She strongly believes in the benefits of the physical practice (asanas) as the best prevention against diseases, weaknesses and mental afflictions. By strengthening and creating space in the physical body, the mind and soul rise from darkness.