

Featured Teacher: Laura Haug

Hometown: *Bonne Terre, Missouri.*

What brought you to Los Angeles? *I moved to LA in July 2006 to pursue working in the film industry. The majority of my time in LA has been spent working in Post Production.*

My favorite place in LA is.. *I love driving through the mountains and along the PCH to get to Zuma Beach. It's my go-to place. So peaceful and relaxing for me.*

Most memorable thing I did in the last 12 months: *I quit my job as a Post Production Manager in Nov 2013 to pursue my passion of yoga and living a healthier and less stressful lifestyle. Haven't regretted the decision since. :)*

Favorite food: *Right now it's guacamole! I sometimes just eat that as a meal!*

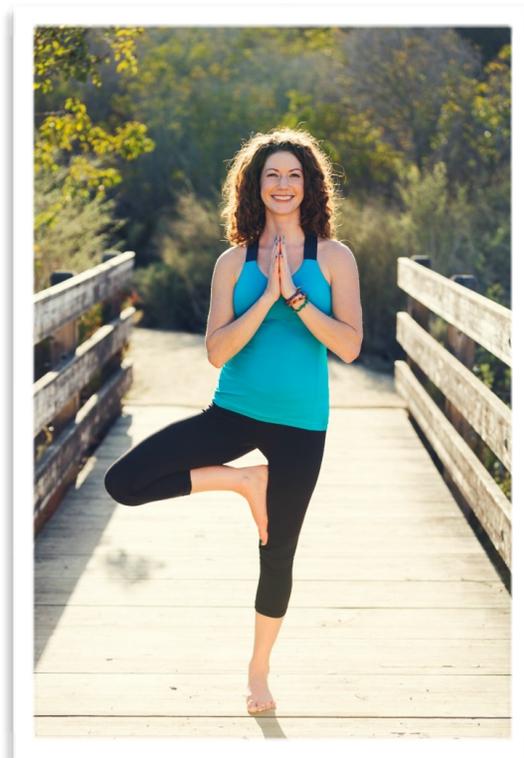
My favorite trip ever was: *Going to Turks & Caicos! Had such an amazing and relaxing time connecting with nature and the water and learning how to trapeze! What an incredible trip that was. :)*

My most memorable vacation was: *Going to Hawaii and experiencing the ocean for the first time. We woke up early one morning to drive up to a volcano and was able to see a number of shooting stars and watched the sunrise. Still in awe over what I experienced there.*

If you could go back in time, what would you say to your 20-year-old self? *To celebrate every success, as well as to start enjoying my journey. It truly needs to be enjoyed along the way - the good times and the challenging ones.*

Childhood ambition: *I wanted to be a news anchor. There is a pretty sweet video of me at the age of 3 doing my first newscast.*

I rock out to: *I'm always down for some Queen!*



Start your day right with Laura: **\$5 Flow every Thursday** at 6:30am - 7:30am.
She is also an active substitute teacher here at Yoga Blend, so please check our online schedule regularly for more opportunities to practice with her!

