



Wendy Ramnarine - Director

Ayurvedic Practitioner / Yoga Therapist

Wendy has always had an interest in people, culture, wellness, yoga and meditation. After spending her youth traveling, living in Australia for a year. She returned to completed her a Bachelors in Psychology in combination with training in Yoga Therapy, Hatha Yoga and Vedanta Philosophy with Dr. Madan Bali of Yoga Bliss Montreal. As well as certification in Ayurvedic holistic health, trained by Anita Sharma .

As a member of the ANN (Nautropath Association), Canadian Yoga Teacher Alliance as well as the International Association of Yoga Therapists, she has experience in teaching both private and group classes, in-door and out-door. As well as providing numerous workshops on various aspects of health, wellness and fitness, both mental and physical. Today, as a wife and mom of 3, she is grateful on a daily basis for the opportunity to offer people a place to challenge themselves and deepen their personal growth.