

## **Claudia Juhrs Biography**

*People often ask me "What is your style of teaching?" "I feel, my style is a combination of multiple yoga lineages. However, I feel that my teachings come from a place of awareness, kindness and most importantly, from the heart!"*



Claudia Juhrs is trained in Yin, Vinyasa flow, Astanga, Iyengar and Hatha yoga styles. Her vision is to create an environment where one can step out of the hectic, even stressful, world of social affairs and business deadlines and come back to inner balance and tranquility.

She also teaches more energetic, yang style yoga flows and strengthening classes. No matter what the style, Claudia always puts her main focus on creating a fun, well balanced, and safe environment for her students. Breath, alignment and safety during any practice are most important to her.

She currently works at "jalaBlu Yoga" in BuenaVista, CO, where she teaches three times per week. Her current class offerings are "Kick-Start" Yoga, and energetic morning flow for the early birds, "Bliss-Yoga", to calm the mind and last but not least, outdoor yoga at "the beach".

In addition, Claudia holds the title of "Usui Holy Fire" Reiki Master and offers personalized healing sessions. Reiki is an ancient Japanese technique to create well-being, relaxation and healing, to name a few. Furthermore, this fall, Claudia is signed-up at "Crestone Healing Arts Center" to attend a specialized massage school program, which also incorporates "Qi-Gong" and Kundalini Yoga into the curriculum.

Her vision is to provide Yoga, Massage and Reiki offerings in special and sacred settings such as Retreat Centers, personal homes as well as her private home.

Claudia was born and raised in the Bavarian Alps of Germany, and loves to spend her free time connecting with nature and to travel the world.

People, different cultures, as well as animals of all kinds, intrigue and nurture her soul. And, Claudia is looking forward to meeting You.

If you would like to learn more about Claudia and her journeys, you can follow her on [Instagram](#) and [Facebook](#). Additionally, please feel free to read more about her Yoga Journey at [YogaAliance](#).



*Claudia Juhrs*

**"Usui Holy Fire" Reiki Master**



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