

Simon J. Rowe (Yoga Alliance E-RYT 500 and YACEP)

Simon is one of the leading Yoga teachers and teacher trainers based in the Netherlands. His unique and innovative flow based teachings are a synthesis of his life long study of asana/postural and movement based practices. Simon has developed his own signature style of practice and teaching, his training modules are hosted by several of the leading yoga studios in the Netherlands as well as by the Dutch Ministry of Defense.

Simon has practiced yoga, dance and transformative body-mind practices from a very young age. After his initial years of study in Bhakti Yoga, Kundalini Yoga and Vinyasa Yoga, he travelled the world to receive more than 500 hours of teacher training from the Los Angeles based, Global School of Prana Flow Yoga.

During Simon's flow based teachings he brings joyful attention to the subtle aspects of breath and energy work. He dives deep into the mystical teachings of Yoga and meditation as tools for transformation, personal liberation and teaches his students to 'live their love and embody their freedom'

As a lover of life, nature and the spirit of freedom, Simon enjoys travelling to study, teach and share his passion for life with others.

