

My Story



Hi there, I'm Heather Hodgson.

As a Yoga Health Coach, I guide people through the Healthy Habits of Yoga & Ayurveda. Helping students to reach their Wellness Goals through Healthy Habit changes. Connecting people to the natural daily rhythms & cycles of their bodies and the rhythms of Nature. In this way, we are working "with" the flow of Life rather than against it.

With over 25 years experience in the Healing Arts Industry, I bring a deep connection towards healing into my work; teaching weekly yoga classes, working one-on-one & in groups, and coaching members & students in the Daily Habits of Yoga & Ayurveda.

My Habit Evolution programs are offered both in-person and on-line with three 11 week sessions that run in Winter, Spring & Fall. Members can choose to participate in one of the 11-week programs or can opt-in for a One Year Pass like a journey which evolves over the course of the entire year.

Members are offered many tools and practices to assist & support their journey toward reaching their goals such as; cooking & smoothie blending workshops, peer support platform, one-on-one coaching sessions, yoga classes, weekly group sessions, and fun bonuses like; wild green foraging hikes, mini retreats, tribal dance party, Girls-night in, and more!

Classes and Coaching groups are held at my small intimate studio space in the beautiful Village of Burk's Falls, ON Canada. The studio is welcoming and comfortable, with a variety of classes to suit most needs. Whether you have a strong yoga practice or are just beginning your wellness journey, you are welcomed-in to learn, grow and evolve at your own pace.

Reach out, let's have a conversation...I'd love to hear from you,

Heather Hodgson