

Mel Craven Yoga



Mel Craven is an Author and Embodied Yoga Life Coach who has been sharing the joy of living from your heart with Yoga, Reiki, Sound Therapy and Counseling around the world.

Teaching accessible Yoga for everyone that encourages people to reconnect with their hearts, intuition and joy for life, Mel inspires and encourages everyone to live a more loving and peaceful life.

Mel is also a Doula, Child Birth Educator and International Teacher in Prenatal & Postnatal Yoga, GroovyKids, Blossom & Berry Baby Yoga and Baby Massage.

"I love teaching people how to reconnect to their body, calm their minds and love their life through every stage of this magnificent journey".

