Linda, originally from Brussels, Belgium, practiced ballet from an early age and into adulthood. She has been in the fitness industry for over 30 years teaching various types of classes depending on the trends. Linda has been teaching yoga since 2000 and is an avid learner. She is enthusiastic about anatomy and enjoys bringing back valuable information to her own classes to make sure her students perform their poses and moves safely. Although Iyengar-based, Linda teaches various styles of yoga (Hatha, Vinyasa) and always emphasizes breathing, options, and modifications.

Her altruistic behavior directed her to join Mountain Wave Search & Rescue (MWSAR) based in Portland, Oregon and she obtained her EMR certification (Emergency Medical Responder).

In addition to fitness and outdoor activities, Linda has been teaching her native language, French, for Portland Community College, Oregon, since 1989. Her devotion to others led her to get a Bachelor’s degree in Community Health from Portland State University, OR. During her studies in Mexico she was inspired to volunteer in Mexico, El Salvador, and Belize to promote health.

She is the founder and president of Belize Arch, a 501(C)3 non-profit organization to support the communities in Belize through health education.

Linda loves the outdoors. She is a runner, hiker, and enjoys cross-country and downhill skiing. Sometimes she ventures on rivers to kayak or hops on her mountain bike. She summitted some mountains in the Northwest and Central Oregon, as well as in the Alps (France), Peru, Patagonia and Vietnam. Whenever, possible, she takes her beloved and faithful German Shepherd with her to explore the beautiful trails of the Northwest. Her passion for cultures took her around the world on different continents to hike, backpack, or simply to fill her soul with the landscapes and faces that she paints or draws once back home.

Her passion for people, nature, health, and well-being has no limits. No matter the age and physical conditions, there is room to feel better every day and to nourish the mind, the soul, and the body.

Namaste