

LETTER OF RECOMMENDATION

To whom it may concern,

we are very happy to recommend Lena, who taught at Happy Yoga in Chemnitz from November 2024 until December 2025. Happy Yoga is a well-established studio with a diverse range of classes and offerings. We host daily yoga classes as well as regular workshops, retreats and teacher trainings, and we are grateful to have a strong community with many returning students who have been practicing with us for years.

During her time with us, Lena taught weekly classes in Beginner Yoga, Mobility Yoga, Vinyasa Yoga, Slow Flow, Pilates and Yin Yoga. She always brought a thoughtful presence to the studio and created classes that were well-structured and accessible to students of all levels.

Alongside her regular classes, Lena also offered her own workshops on the nervous system, combining theory with somatic practices. These workshops were very well received and well attended. She also supported parts of our Yin Yoga Teacher Training as a Karma Yogi.

Lena has a natural ability to create a welcoming and safe space for students. She is especially skilled in hands-on adjustments and works in a very attentive and respectful way. She also held a beautiful cacao ceremony at the studio, demonstrating her ability to guide meaningful and mindful experiences.

Lena is reliable, punctual, and a pleasure to work with. She connects well with students and contributes positively to the atmosphere of the studio. It has been a pleasure having her as part of the Happy Yoga community.

Warmly,

Linda Lohwasser & Patricia Peters

Owner, Happy Yoga Studio Chemnitz

HappyYoga Chemnitz
Yoga, Breath, Meditation & Sound
Zöllnerstraße 23 • 09111 Chemnitz
mail@happyyogachemnitz.de
www.happyyogachemnitz.de