Lighthouse Loft

Our Mission Statement:

Welcome to Lighthouse Loft. Our mission is to create a welcoming, safe space & offer an intentional practice empowering yogis to connect with their true self on a nurturing journey of growth, self-discovery & acceptance.

Lighthouse Loft is a safe haven where each person’s true self is both held & free.

We invite people to show up exactly as they are, including all their bits & pieces that make their stories uniquely theirs. We come together as a tribe to love our perfectly imperfect bodies, keeping our practice intentional & authentic filled with joy & curiosity. Whether we are flowing or seeking stillness, each class strives to leave each person feeling inspired & transformed; ultimately honouring the body, calming the mind, soothing the soul and fostering a compassionate heart while allowing space to breathe & simply be. I am a dedicated, nurturing teacher who is a lifelong learner & am committed to supporting each person’s individual growth & well-being.

Lighthouses symbolize radiating light, offering guidance & on going support for those navigating dark waters. Their constant presence & light source simply guide boats safely back to shore. Through my offerings, I hope that Lighthouse Loft will be a lighthouse empowering people to come safely home to the light & themselves. Like a ship finding safety in a harbour, you will find solace here in Lighthouse Loft.

About Tina….

I’ve always been described as a free spirit, tree hugger, hippie kinda person & I love it! My soul finds solace near water or in the forest & my inner child is totally blissed out with the moon & nature’s gifts such as seashells, rocks & feathers to name a few. For me, it’s the simple things that soothe my soul – big belly laughs, my fur & furless babies, morning coffee, sunrises, sunsets or moments spent with loved ones. I love oils, crystals, cards, journals, smudging, meditation & mantras & I like to sprinkle these throughout my practice. I completed both my 200 hr YTT & Warriors Trauma Training in 2015. I am currently completing my 300 hr YYT that is scheduled to finish in November 2020. I feel the union of my social work background, reiki training as well as my yoga skill set is guiding me towards a healing path nourishing the body as well as the mind, heart & soul. Who knows what the Universe has in store for me but I am open to receive & grow with curiosity, presence & passion while soaring with a free spirit.

Teaching style

I am grateful for a job that adds passion to my heart, peace to my soul & where it’s always an honour to hold space each time I guide my tribe. I come from a trauma sensitive, hatha background & my current teaching is from a functional perspective, balancing strength with ease.

Yoga is so much more than achieving the perfect pose. Rather, it’s made up of those a-ha moments where you practice the pause, feel your body, link with the breath or quiet the mind. More importantly, it’s slowing down, tuning inward & finding that joy & peace that comes from within. It’s always there but may have been silenced by all the noise. This connection then allows you to take yoga off your mat, into your life & live in harmony & balance. And this, my friend, is true yoga!

I think of Lighthouse Loft as a cozy patchwork quilt with threads of all my favourite yoga experiences. My teaching style reflects my trainings & the experiences along my personal yoga journey. I have been fortunate to train & practice with many highly skilled yoga teachers. I take pride in the classes I plan & the special touches that make this studio unique. Through intention, meditation, breath work & poses, my goal is to have students leave each class feeling calm, refreshed & inspired. My classes are relaxing, casual & fun delivered with music, demonstration, hands on assist & individual attention. I aim to live a yoga inspired lifestyle and lead my classes in a way that reflects that choice. I hope this studio is a source of peace, inspiration & transformation for others.

The Loft Studio:

H-OM-e is where your mat is! Lighthouse Loft is your space to roll out your mat; your safe place to reflect inward, open your heart & actually feel yoga. Lighthouse Loft, a Zen oasis filled with amazing energy, is located in the loft of my home on Harbour Drive. This newly renovated space is bright & airy complete with skylights & windows. Its simple, neutral decor reflects a sense of serenity & peace. The loft is well stocked with everything you need: mats, blankets, eye pillows & essential oils. . The studio is also heavily equipped with props knowing the level of comfort & safety they provide. Lighthouse Loft can easily accommodate 6 yogis with the ability to make space for more if requested. This is your home, your journey, your practice, your yoga so whether you flow or settle into stillness, I invite you home to Lighthouse Loft.

Lighthouse Loft Offerings:

-Yoga Nidra

-Yin Yoga

-Restorative Yoga

-Functional Yoga balancing strength & ease

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