
Donna Nault



"Energy Healing, to me, is freeing the energy centers of the body. The body is like a tuning fork constantly being moved by the universe. When in tune we can move peacefully with the universe."

Donna has been on a personal journey of transformation and alternative healing for many years. A published author, adventure traveler, and an avid learner she is now committed to sharing all she has learned with others in the hopes that they too will find healing and peace.

Donna helps you "return to your body" with an intuitive and gentle yoga practice that is suitable for all ages and levels. She also specializes in helping people who have difficulty moving return to movement and mobility with her chair yoga classes.

Donna believes in meeting every person where they are. No two people share the same journey and therefore she has a very custom and intuitive approach when it comes to teaching. Her classes are safe, loving, and indeed, transformational.

The benefits of Working With Donna

- No prior yoga experience at all needed
- Increased movement ability
- Learn how to come into the body and be present
- Learn how to connect and listen to the body
- Realizing that we are energetic beings capable of self-healing
- Opening your heart
- Immense relaxation and stress relief
- Anxiety relief
- Positive mindset shifts
- Improved balance and flexibility
- Improved overall health
- Clear and balance chakras
- Restore well-being

"When you're striving and the mind has an agenda to get somewhere, the body may resist and injury may occur. True yoga starts with radical self-acceptance. You are fully present with what is, observing the self without judgment. When the body knows that the mind is kind, it will open and release."

- Richard Faulds, Kripalu Yoga Teacher in
Greenville, Virginia

Classes & Workshops

Easy Flow Vinyasa: Seamless movement between postures using the breath to create a feeling of flow. All levels welcome.

Yin Yoga: This is a slow paced, meditative style yoga class, where postures maybe held for longer in a very relaxed manner.

Chair Yoga: Wear comfortable and loose clothing. No prior experience necessary.

Private & Corporate Yoga Classes: Available upon request

Crystal Bowl Workshops: Clear your chakras with Donna's beautiful vibrating bowls. The heart-opening experience will help you release stress and restore well-being.

Breath Workshops: Breath is essential to life. In yoga, the breath is seen as the bridge that joins the body and mind. In this workshop, you will experience first hand how the breath is connected to creating a life of peace and presence.

