

STUDIO WAYNE Mc GREGOR RESET 2025



Emma Henry

Yoga teacher Emma Henry was introduced to yoga in the mid 90s. Her background in dance and martial arts is evident in her dynamic, innovative and playful choreography and understanding of anatomy and the subtle body.

Emma's yogic path has led her to Mysore from practicing Ashtanga with Pattabhi Jois and to advanced certification in the Jivamukti method with Sharon Gannon and David Life.

Her continuing education is shared with all of her students through her love of yogic texts and her amazing chanting. All of her classes include an inspiring soundtrack and a lot of laughter. Her goal is to create a space for practitioners to feel inspired, nurtured and uplifted.