

# Isabella Tonkin

Yoga Teacher and Triathlete

Isabella is a positive leader in the Mont-Tremblant community, where she's been teaching yoga for the last 4 years. She fell in love with the region's forests, lakes and most of all, its dynamic people who radiate with health and clean living.

Isabella has an insatiable curiosity. Always learning, she has developed a unique expertise in yoga for athletes and those enjoying active lifestyles. She has started running 3 years ago and completed her 1<sup>st</sup> triathlon on July 9<sup>th</sup>, 2016 (Try-a-Tri). She soon realized how yoga can be a powerful tool to complementing triathlon training, particularly in strengthening the mind and spirit. By using mantras, Isabella has reprogrammed her brain to transform negative thoughts such as «It's hard, I can't do it» into positive intentions by repeating « Energize my mind! Energize my body! Energize my soul! ».

Isabella has studied in Multi Style Power Yoga, Hot Yoga and Yin Yoga. Her urban style is unique and upbeat. In her classes, it's impossible to get bored. You'll move and you'll rock to your own beat! She integrates strong breathing exercises (*Pranayama*) to synchronize stretching and body movement. She recommends to her students to use these specialized techniques before and during a race.

Body alignment is one of her main focus. A strong core, an aligned spine, open shoulders, flexible hips, strong foundation in the feet, are a few of the elements which will ease your next run. Integrating yoga in your training will transform your run!

*Meet our ambassador on Sept. 10 at the women-only race [Elles Courent À Toi Lola Mont-Tremblant](#) where she will lead a pre-run warm-up. You can also find Isabella running at [Demi-Marathon Mont-Tremblant](#) on August 13<sup>th</sup>, 2017.*

*To take yoga classes with Isabella Tonkin in Mont-Tremblant, visit her Facebook page « [i.YOGA with Isabella](#) ». This summer, she teaches yoga at Beach & Tennis Club, in yoga camps for triathletes and replaces teachers in aquayoga at [Mont-Tremblant Aquatic Complex](#). Discover dynamic, bilingual yoga classes!*