

Yoga for Tension and Stress Relief

Instructor Bio



Laurie Ferris has always been an advocate for wellness at her communications job at International House. She rallied co-workers to join lunchtime hikes on trails around campus; led impromptu stretch breaks; taught a yoga series for staff; and in 2016, became an official Wellness Ambassador.

Laurie's love affair with yoga began twenty years ago when she tried her first yoga class and instantly felt relief in her hips and back. When she discovered that a daily yoga practice also helped ease stress from the workplace and prevent hiking injuries, she was hooked. In 2016, she signed up for teacher training and began teaching yoga to co-workers and in a hiking group. She offers a gentle yoga practice that is accessible to beginners, with modifications for more advanced yogis. She is excited to share the benefits of yoga with UC Berkeley staff.