

Sara Winge has practiced Kundalini yoga for eight years in Sweden and in Spain, and is certified with SKY since 2010. She did her teacher training in Sweden with Guru Darham Singh and Darryl O'Keefe. In the past year she has been teaching yoga and meditation in Stockholm, Sweden. Enjoying travelling, she has also completed Agama yoga step one in Thailand 2007, and Iyengar yoga introduction in India 2010. Since 2005 Sara has studied various university courses in Sweden; Natural medicine, Complementary medicine, Basic western medicine, Pathology, Physiology and Nutrition. Currently, Sara is based in Sweden.