

Veda Ela, International Yoga Teacher

“She embodies Yoga in her Life and Teachings”

Veda Ela's life passion is sharing the yoga philosophy and lifestyle. Her love for what she does lets her bring enthusiasm, sincerity, and humor to her classes, workshops and Teacher Trainings. It's "unbelievable how she dares to open her heart, be vulnerable, go to her depths to give from there," said Christel, one of her students.

And her vibrant energy is infectious. Those who attend her classes come away with more enthusiasm, curiosity and a greater acceptance for the yoga practice. "I have been in many yoga training groups and workshops but this one was so very special. I will hold this experience in a special place in my heart!" Janis wrote in a testimonial.

Veda Ela's Philosophy

The Yoga Lifestyle

What makes Veda Ela's classes so one-of-a-kind is her unique perspective. For her, Yoga is not a distraction or something for your spare time. Instead it's a roadmap and a philosophy. "For me, Yoga is a way of Life. We practice on the mat, yet Yoga happens off the mat in daily Life!"

Students agree. "I found another piece of the puzzle called 'my life'," says Leoni Slond.

A Pioneer

Veda Ela has always been a trailblazer. It's what took her to India before it was trendy to seek out sages, gurus and ashrams, and study meditation and the yogic lifestyle. It's why she helped found Pachamama in the virgin

jungles of Costa Rica before alternative lifestyle villages before that became hip. And it's why she immersed herself in Restorative Yoga long before it became a global phenomenon.

And yes, to say that Veda Ela brought Restorative Yoga to western Europe is an exaggeration. But not a big one. For while today you can find this form in yoga studios across the region, back when she returned from India it was almost unheard of. Only when she'd developed and introduced her own style did it really start taking off, particularly in her second home, the Netherlands.

Teaching Yoga for Personal and Spiritual Growth

Her desire to explore forms a fundamental part of what she teaches. This is reflected back in her classes, trainings and workshops, which are as much about self enquiry and discovery as about learning the forms and asanas.

She's used her unique perspective, to help many of her students get in touch with their body, mind, and soul and find clarity, joy, balance and spiritual growth.

Embracing Change

Because she's always seeking out the undiscovered territories within us, she and her students are constantly finding new insight, evolving and growing. These she uses to continue developing her classes so that even after three decades what she teaches remains fresh, innovative, inspiring and perhaps even a little quirky.

And yet, not all is change. As Veda Ela explains: "We observe the changes in the periphery knowing that, within ourselves there is a space, where nothing moves, changes or dies."

A Desire to Share

One thing that remains is her passion is to share her yogic lifestyle. For as long as she's taught, her central aim has always been to help students develop spiritually, discover their dreams and find their life's mission. She's

even been able to assist people in finding the right alignment so those dreams can come true.

Her classes, courses and trainings

Style and Influences

Veda Ela's yoga and life training combines a rich range of yoga forms and ideas which she has distilled into a unique style. This includes eastern and western philosophies, movement and stillness, as well as various yoga styles, from dynamic ones like Yang Yoga, to gentler styles such as Yin Yoga and Restorative Yoga and Meditation.

The Calling of Restorative Yoga

Restorative yoga holds a special place in her heart. This is because it is about resting in who we are, being Still and observing what comes of Being in the moment and experiencing it for what it is. That gels well with her devotion to self discovery and investigating our inner landscapes.

The doors to Stillness

But no matter what kind of class you take, Veda Ela will show you how to open the doors to Stillness and Silence through Asanas, Breath, Conscious movement, Dance, Therapy tools, Music, environmental awareness and Self-enquiry.

Harnessing the Power of Music

"Music can change your mood, heal and help transform your life," Veda Ela explains says. Through her background as a DJ, music features heavily in her yoga work; forming a counterpoint to (and thereby enhancing) both Silence and Stillness.

Focused on Intermediate – Advanced Classes

Though Veda Ela teaches a broad range of experience and everybody benefits, those with more experience tend to get the most from her

trainings and workshops. For this reason, her main focus nowadays is her increasingly popular 100-hour Restorative Yoga teacher training course.

Press

She's been interviewed by numerous magazines, including *Yoga Magazine* and the Dutch magazine *Wellness*.

In one [article](#), Leoni Slond recounts: "Veda brought me in touch with the calm part of myself. That part which I and others didn't think I had. Time with her is a gift, a journey into yourself, where you can discover what real self love is and what it means to embrace yourself."

Education and Training

Veda Ela is a Yoga Alliance Registered Teacher and holds a degree in Philosophy and Literature.

Veda Ela is a Dancer, Yoga and Meditation Teacher, Therapist, and holds a degree in Philosophy and Literature. She is a registered teacher with the Yoga Alliance and her trainings count towards continued education hours (YACEP) with YA International.

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