

# ANJA

## @YOGA EMBODIED

Senior Yoga teacher

Ayurvedic practitioner (BSc, PGDip).

A bodyworker, aromatherapist and Reiki healer.

Anja Brierley Lange is a senior yoga teacher, pre- and postnatal yoga teacher and teacher trainer as well as an ayurvedic practitioner (BSc, PGDip). She is also a bodyworker, aromatherapist and Reiki healer.

Anja has created and teaches pregnancy yoga teacher training courses, yoga classes and online courses on pelvic floor health, menstrual cycle awareness, Ayurveda and yoga.

Learn more about her on [yogaembodied.com](http://yogaembodied.com), connect on instagram [@anja\\_yogini](https://www.instagram.com/anja_yogini) or join her [FREE Sacred Self Care Alchemy Facebook group](#) for free live yoga sessions and more.

She has been featured in various online and print publications including mindbodygreen, Elephant Journal, Huffington Post as well as Om Yoga Magazine and Yoga Magazine.

