

## **About Lexi**

Lexi danced professionally as a flamenco dancer for 23 years and since ending her dance career, has embarked on a journey of studying yoga for the past 10 years.

She has also held a senior management position as Executive Manager Airport Operations for Comair Ltd (South Africa), managing a team of over 800 staff.

It is this rare combination, which has provided Lexi with the opportunity to merge her passions – allowing her the privilege of engaging in and being fully absorbed with dance, movement, yoga and a constant evolution toward self-mastery in one's life journey.

She believes everyone has their own rhythm and through mindfulness exercises, meditation, connection and grounding we can explore these.

“The body has its own form of expression and sometimes we have to move beyond the mind, beyond our limitations, to tap into this. This is a journey I have partaken in personally, facilitated in my dance career and something I am enthusiastic to share with others”.