



Hello, I'm Hannah!
I am a yoga teacher and owner of the Mooryoga Studio, based in Lynton, in the heart of the Exmoor National Park.

I have practiced yoga for most of my life and I believe passionately that yoga is one of the best ways to take care of your body and mind and I strive to share this wonderful practice with as many people as possible, helping them to improve their mental and physical awareness and gain a greater connection with their own body mind and soul.



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Set up Mooryoga in 2023 and opened the studio Feb 2024!

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My love for Exmoor started as a child when we used to come on family holidays.

I moved to North Devon in 2008 and Exmoor became a playground for our family – walking, running, mountain biking, swimming...

My husband and I decided we wanted to be closer to the moor and moved to Lynton in 2021 – at the time I was a full time English teacher.

I took the decision to make a change and set up my own business that embodied what I am most passionate about – Yoga and a love for being outside in nature!

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CHALLENGES & OPPORTUNITIES...

Challenges...

Setting up a business in a rural area.

Running a business alongside having a young family.

Accessibility – public transport, parking and weather!

So important to be authentic!

How do I get people to see how amazing yoga is?

How do I get people to come to my studio?



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CHALLENGES & OPPORTUNITIES...

Opportunities....

No other yoga/wellness studio in the area.

Meet and work with other people passionate about Exmoor and physical/emotional wellbeing.

Appeal to a wide area – generally people are willing to travel.

I can be flexible with times and offerings – adapting to my business needs.



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WHY IT WORKS HERE.....

Strong community who support me. The studio is a space for the community where everyone is welcome ~ no judgement, no expectation and no comparison!

Perfect location in which to connect to the Earth, the elements and nature ~ I run monthly Earth Circles and work closely with the Seasonal Wheel of the year and the cycles of the moon.

The ability to get outside easily and teach outdoor classes on the nearby beaches and on the moor.

In the heart of the village ~ easy access.

My energy and enthusiasm ~ effort into marketing and promoting my business!



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COLLABORATIONS

THE ROOT PROJECT ~ Dark Skies Yoga

EXMOOR NATIONAL PARK ~ Dark Skies Yoga/Pavillion

THE NATIONAL TRUST ~ Outdoor Yoga Classes

LYNTON & LYNMOUTH TOWN COUNCIL ~ Hire of the Town Hall

THE COFFEE SHACK BY THE SEA ~ Outdoor Yoga & Sound Bath Event

CHARLIE FRIDAYS ~ Regular spot for my Yoga & Brunch events

OTHER LOCAL THERAPISTS



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I'd say the biggest thing I've overcome is believing in myself!

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