

2015 BODY CONFIDENCE CANADA AWARD RECIPIENT



TIINA VEER, Tiina is the founder of Yoga for Round Bodies™ and Halcyon Health wellness centre in Toronto. She is a yoga instructor, teacher trainer and veteran massage therapist, is an advocate of the Health at Every Size® paradigm, and serves on the Leadership Team of the Yoga and Body Image Coalition. Tiina is passionate about simple self-care, making yoga practice more accessible, and how yoga intersects with body politics and social justice. When not working, you may find Tiina shooting arrows, taking pictures from a kite, or loitering in the forest with her partner David and their rescue dog, Taco.

 @tiinaveer

 Yoga For Round Bodies

 Yoga and Body Image Coalition

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