

LAUREN ROXBURGH | FOUNDER, THE ALIGNED LIFE STUDIO

Lauren Roxburgh is an international author, speaker, educator and corporate presenter, frequently dubbed “The Body Whisperer.” Roxburgh is a board certified Structural Integration practitioner with a degree in nutrition and exercise physiology.

Lauren discovered her path when her mother was diagnosed with Stage 4 breast cancer when she was sixteen. Witnessing her mother battle cancer inspired her to choose a career in wellness. She was on a mission to find ways to prevent disease before it manifested in the body. After many years as a student and practitioner, she now teaches her Aligned Life holistic formula all over the world to help transform, heal and attune our bodies, minds, spirits and ultimately our lives.

Her philosophy is about empowerment and helping us all connect with our true strength, graceful power and authentic selves. Finding alignment in the physical body is the first step to aligning your life, connecting to your gifts, attracting your deepest desires, being of service, feeling connected and knowing you’re on your true path.

She’s also the go-to writer and expert on all things fascia, alignment, movement medicine and regularly works with Hollywood’s A-List along with some of the greatest athletes and orthopedic surgeons on the planet. Named the “Body Alignment Pro” by Vogue, Lauren has also been listed as one of the 16 Women in Wellness to Watch in 2019 by Chalkboard Magazine. She’s also the founder of the Aligned Tribe Community, the virtual Aligned Life Studio and the creator of the signature Aligned Healing Tools.

