



Steffy White

Yoga-Teacher and Content creator

Steffy has been teaching yoga and meditation for over a decade. Her journey began in India and since then she's gone on to complete thousands of hours of studies with her teachers all over the world.

After teaching in London's most reputable studios for 10 years and facilitating transformational retreats across the globe, Steffy moved to Mallorca where she now lives and works with her husband.

Their company: White Light Yoga Retreats, offers world class transformational retreats throughout the year including from their home in the Balearics.

In a saturated climate of wellness and yoga, Steffy has maintained a leading and trusted name within the industry. With an ever growing online community and studio, together with global in person retreats and teacher trainings, Steffy is consistently evolving and sharing her gifts with the world.

Steffy's retreats and classes have featured in Grazia, Metro, Women's Health and Om yoga magazine. She was an ambassador for Lululemon for two years and has partnered with some of the world's most popular wellness brands.