

Ame Wren Bio

Known for her lighthearted yet highly specific approach to the yoga practice, Ame has become a go-to teacher for those seeking knowledge and guidance on everything from the mysteries of triangle pose to rising above the riffs of modern-day competitive yoga culture. She is the founder and director of Boston Yoga School which offers exceptional yoga studies programs in Boston and beyond.

A dedicated student of both Iyengar and Ashtanga styles of yoga, Ame prides herself on being a devoted seeker and aims to inspire others to stay on the path of yoga, and of teaching. She is greatly indebted to her teachers Richard Freeman, Patricia Walden, and many more.

Ame is a TEDx presenter, Yoga Journal contributor, Wanderlust Festival featured teacher, and was awarded the honor of “Best of Boston” in 2010. She travels extensively leading retreats, trainings and workshops all over the world. In addition to her yoga studies she also holds a BA in Philosophy and Religion and MA in Cultural Studies.