Melora Lager, Founder of Let it Be Yoga

Melora Lager was voted one of the Top 5 Best Yoga instructors in Albuquerque, where she has practiced yoga for 28 years and taught for 18 years. Over two decades ago, Melora Lager was pregnant with her second child when she discovered yoga in a library book.

With blessings from her midwife, a love of yoga and a practice began. After ten years of studying and practicing, she decided that the next step in her journey would be to teach. She is now the Founder of Let it Be YOGA, Albuquerque’s premiere Westside yoga studio offering Hot, Warm, and Room Temperature Yoga. Her practice and her teaching style consists of lots of breathing and loving kindness.

When she’s not hanging out with her three kids, practicing or teaching yoga, she enjoys growing organic veggies in her backyard.