



# Samantha Lockwood

## *Actress with a Yoga Heart*

Written by Amber Nightingale

Photo by Keith Ketchum

Genuinely gorgeous, Samantha Lockwood blends her finesse as an on-screen actress and Bikram yoga instructor with her one-of-a-kind Fleurings jewelry line. Debuting in this fall's popular television series, Hawai'i Five-O, Lockwood is also the brilliance behind the popular east side Bikram Yoga Kaua'i. Since the studio doors opened in the spring of 2015, she describes how these twin passions have complemented her life. "I want to use my acting career to shed light and truth on my service to others through yoga," she explains.

As an esteemed Bikram teacher for seventeen years, Lockwood admits she is also "a product of the film business." With LA origins, she grew up under the wing of her father, Gary Lockwood, a renowned veteran sci-fi actor and long-time friend of Kaua'i-famous Elvis Presley. Spending her childhood days backstage with movie stars, Lockwood also met her yoga guru at the age of two. Later becoming the youngest seventeen-year-old Bikram teacher to undergo training, she credits the yoga lineage as one of the foremost influences of her life.

"I strive to make my life a meditation by being yoga," she comments. "By teaching, we channel all the great yogis who came before us."

Besides her 2004 and 2005 starring roles in CSI, or playing the 2010 love interest in a top-ten ranked country music video called Goodbyes Made You Mine, her Fleurings jewelry line is all the rage. These feminine, mini flower vases are distributed worldwide and are designed to hold live flowers such as orchids, roses or even garden herbs, and come in necklace, earring and hair piece styles. Celebrities like Bethany Hamilton and Seth Rogan's wife, Lauren Miller, have adorned their bridesmaids in her designs.

Devoted to building the Bikram Yoga community on Kaua'i, Lockwood also has an international influence teaching workshops worldwide. Her mother and step-father, Denise Dubarry and Bill Hay of Hanalei, alongside her brother Adam of Secret Beach Organics, have been instrumental in bringing her yoga dreams to life – often joining her in the hot room. Inspired by the "breathtaking beauty," of the island, she avidly paints or tends to her garden when not perpetuating her father's Lockwood legacy in the acting limelight.

For more on Samantha, check out:

- ~ [samanthalockwood.com](http://samanthalockwood.com)
- ~ [bikramyogakauai.com](http://bikramyogakauai.com)
- ~ [fleurings.com](http://fleurings.com)
- ~ [samanthalockwoodart.com](http://samanthalockwoodart.com).