

# RACHAEL



Rachael received her 200-hour certification from “It’s Yoga” in San Juan, PR, where she lived and taught for 5 years. In 2009 she began her 500-hour studies in Prana Vinyasa® with Shiva Rea and her global community of teachers. She is drawn to the dynamic approach of vinyasa as a way of life that weaves on ancient traditions to bring wisdom and purpose to our modern way of living. Rachael draws on perspective from her profession as a mental health counselor and yoga teacher to offer an embodied experience that can address traumas of the body and mind, while offering a soulful journey of empowerment and transformation. She believes in the capacity of yoga to manage the manifestations of stress on all levels, and to create a sanctuary for healing. She instructs in both English and Spanish. hopes yoga can bring us close to our hearts and to one another in peace, breath by breath.

