



Meet Tiffany Gullberg! Founder & Owner If I Was A Bird Yoga Kids Studios

200hr RYT, E-RYT, 95hr RCYT

Tiffany Gullberg has been in the yoga community for 10 years teaching with CorePower Yoga as a senior instructor ever since the first San Diego studio in Point Loma. She holds the company and owner very dear to her heart. She is certified in all different styles of yoga including Vinyasa, Hot Power Fusion, Hot Yoga, Yoga w/weights, Restorative Yoga, Yoga for Special Needs and is a Registered Children's Yoga Teacher and Trainer with Yoga Alliance.

Having daughter number one naturally led Tiffany to teaching kids yoga and she quickly found that it was her calling in life. *"The very first kid's yoga class I taught, I had tingles and goose bumps all over my body from the joy and love I [felt.It](#) was truly a magical experience. I knew from that moment that teaching yoga to children was what I was supposed to do with my life. I still get those same goose bumps and am reminded every day that I am right where I am supposed to be."*

If I Was a Bird Yoga started as a mobile business teaching yoga to children in parks and studios around San Diego. Tiffany soon decided to follow her heart and passion and open up the FIRST and ONLY kid's yoga studio in San Diego near the CorePower Yoga in Point Loma. *"Our children and the community needed a yoga studio dedicated to kids only, where they could practice and call the space their own. A yoga community just for them where they could build their yoga practice, get hands on assists and build friendships."*

Tiffany Gullberg designs and provides classes that are proven successful for all If I Was a Bird Yoga™ classes. They follow a "real & true" vinyasa/hatha style yoga class, delivered in a playful way that children can relate to. All If I Was a Bird Yoga™ classes are themed, structured and creatively designed. Tiffany has written and created teacher training programs that successfully train and certify adults to teach yoga to our youth. She has written dozens of Kids and Teen Yoga Sequences, Kids Yoga Plays for Theater and created signature yoga events. Tiffany also launched the first Kids Yoga Paddle Board Camp bringing kids out in to the water to do yoga on paddle boards.

If I Was A Bird Yoga is known in the community for the **quality, expertise** and **love** of delivering yoga to kids and is **THE** Foundation for Kids Yoga!