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Passionate about yoga for the last 10 years, in this discipline I discovered the serenity that came to complement my meditation practice. Yoga is an anchor and a strength that made me want to share it with the greatest number of people, specially with kids.

As a mother of two boys and owner of a daycare, I understood how important is to guide young generations to stop and breath; and not let them fall into the stress our daily lifes.



In 2015 I made the decision to share my passion for yoga, so I took my yoga teacher training for kids and teens, later in 2016 I took the Yoga Teacher Training in Hatha Yoga style at Naada Yoga and Vinyasa style at Le studio Wanderlust.

During this journey I found Ayurveda (Science of Life) that came to change my life, I learned to balance my practice of yoga and meditation with a healthy lifestyle, knowing and

understanding how the elements of nature that surrounds us can affect our body and mind.

My mission now is to continue to share this beautiful discipline and evolve in this yogic way in life.

“be the change you want to see in this world” --- *M. Gandhi*

Namaste