

# KAREN RUSSELL

Studio Owner & Program Director

Karen Russell 500RYT, started her movement career at the age of six in Erie, Pennsylvania. By the time she was in her early twenties she performed professionally on stage, in feature films and on television. She has worked with legends such as; Michael Jackson, Madonna, Bette Midler, Kenny Chesney and Alice Cooper.

Karen started her passion for yoga in 1997 while studying Iyengar in NYC, but it was a dance injury in 2000 that guided her to a professional yoga career. She enhanced her knowledge of yoga studying a variety of styles with experts in India and around the world, and continues to study to fulfill her passion for knowledge.

Since 2005, Karen has been an active teacher, producer, community outreach representative, ambassador for Lululemon, owner of the Yoga Groove Studio and now the Yoga NoHo Center. She contributed her business, management and creative skills for several successful companies (Corepower Yoga, Yoga Works, Naam Yoga, Tantris Yoga, Mandala Center, and Industry Venice) and is excited to build back the Yoga NoHo Center after experiencing the shutdown from Covid19.

Enjoy Karen's 200 and 300hr Teacher Training course, Restorative Immersions course, Yoga Groove DVD, Yoga Groove Meditation CD, Yoga Groove Conscious Tone and Fit Barre method, The Masters of India (which was shot in south India during her guided retreat), and the yoga "On Demand" video collection. She is super excited to partner with Shashi Kumar, founder of the Nirvana Yoga Shala, Mysore India to inspire her students. Karen feels completely blessed with the team of teachers who have been so dedicated during the past two years and is excited to continue to offer classes, retreats, workshops, and her up-coming international retreats to Live, Love and Inspire Others.

Yoga NoHo Center  
*live, love, and inspire others!*

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