

Tatiana Aguilera

Tatiana is from San Francisco. For the past nine years she has taught many levels and styles of yoga including; Hatha, Acro, Yin, Restorative and Kids Yoga.

It wasn't until working for Yoga Across America in 2013 that she truly found her passion in Yoga for therapy. The rest was history, she has taken many advanced studies in Yoga Therapy since and finds a purpose in helping other.

Passionate about helping any and all, she has taught classes for: PTSD, Anxiety, Trauma Healing, Domestic Abuse, Soldiers, Insomnia, Weight Loss/ All Bodies, Self -Love, Chair Yoga, Yoga for Injury, etc.

Tatiana will guide you through her favorite style of yoga which is Yin Yoga with grace and complete support. She will definitely make you feel empowered, wanting to come back for more classes.

Yoga NoHo Center
live, love, and inspire others!
