



## **About Blu**

**Blu moved to Los Angeles from New York, originally from Boston, Mass. Blu is a multidimensional artist--her world revolves around Healing and Entertainment.**

**Blu has been studying yoga for 20 years and teaching for the past five years.**

**Blu is also a Reiki Master, Holistic Coach, and author of the inspirational book: Trauma Thriver.**

**Blu uses her music, poetry, and teachings to help people heal and deal with life's inevitable ups and downs. To thine own self be true. One breath at a time.**

**Blu incorporates all of her modalities in every yoga class that she teaches. As a graduate of the Yoga NoHo Center teacher training, we are excited to have her as part of our team to enhance every aspect of your life.**

**More about Blu...**

**[www.BluNyleWorld.com](http://www.BluNyleWorld.com)**