

Janet Love

Asana Teacher & Nutrition

Janet found passion for yoga & has been practicing for over a decade completing her 200 hour Hatha Yoga Teacher Training in Costa Rica , 300 hour YTT in Peru studying Shamanic healing & plant medicine, along with a certification in Vinyasa & Buti Yoga completing my 200 hour training in Scottsdale, AZ.

Her mission in creating a conscious living world has led her to attain a certification as a health coach with Integrative Nutrition & a certification with Reiki Energy Healing as well. She believes in the transformational work through healing and finding peace within self to create true self-love.

She lives a balanced lifestyle and is here to share her knowledge with the rest of the world exerting love & positivity to support with healing and spiritual growth for the divine feminine and masculine to reach a higher version of themselves so we can all evolve to be free, powerful and live a joyous life.

She enjoys teaching at the Yoga NoHo Center as there are several different styles offered at the center to explore and the community is very dedicated to all aspects of healing.

Enjoy her thoughtful classes, loving natural way of teaching in every class that she offers at the center.

Yoga NoHo Center
live, love, and inspire others!