

Kristin Carmella

Kristin Carmella, first started her movement career as a very young girl interested in dance. She has always been into health and wellness, knowing that this is the way to feel truly happy. She moved to Los Angeles to pursue acting, and really enjoys this art form, but felt she was missing something.

She loved dance but was looking for something more spiritual. She started to work at the Yoga NoHo Center as a front desk associate and started to take yoga every day. And then the moment happened when she discovered that yoga was more than just movement but it was a system to completely heal the mind, body and soul.

It was three years ago when she decided to take the 200hr intensive certified teacher training course and was very excited to receive the scholarship for the program. Soon after her graduation, Karen from the center asked her to teach and since then she has never looked back.

She is kind, sweet, teaches from the heart and every class she creates will make you feel fabulous.

Yoga NoHo Center
live, love, and inspire others!
