



Chantal Cherry

Chantal is a multi-talented individual who has made her mark as a yoga instructor, choreographer, and dancer. Based in Los Angeles but originally hailing from South Africa, Chantal's diverse background enriches her approach to teaching and influences her unique ability to connect with her students.

As a yoga instructor, Chantal specializes in a versatile vinyasa flow class that seamlessly blends the art of breath and movement into a meditative experience. Her classes are a creative journey through carefully crafted sequences, often incorporating the principle of one-breath-one-movement. Chantal's deep knowledge of choreography is reflected in her playful approach to practicing traditional asana, making her sequencing truly unique.

Chantal's profound passion for understanding the inner workings of the human body shines through in her ability to tailor each class to meet individual needs. Her students praise her approachable and non-judgmental teaching style, and her ability to hold a safe and nurturing space for her students.

Chantal completed her first 200hr YTT at Hotdog Yoga in South Africa and studied 70hr Yoga Nidra under Sydney Cutler of Ananda Meditation. In addition, Chantal is on track to complete 200hrs of YTT study with Emilie Perz of Sequential Body. She holds an MFA in Choreographer from UCLA.

She is very excited to be part of the Yoga NoHo Center Team...