



About Elisa Barretta

Formerly an apparel designer, always an artist, forever a student, grateful for the opportunity to share the teachings of yoga. Through my longtime personal practice, I have come to know the many benefits of yoga, both physical and spiritual. My practice has enabled me to connect to the divine within me, allowing me to grow stronger, healthier, happier, more flexible and fearless, both on and off the mat. In deep appreciation for the gift of yoga in my life, it is my honor to share these teachings with others.

I am a Yoga Alliance Registered Yoga Teacher (E-RYT 500). I completed my 200 Hour Training through YogaWorks, having studied under Hayleigh Zachary. My 300 Hour Training was done with Rina Jakubowicz. I am certified in The Yoga Remedy, a therapeutic style of yoga, having trained and mentored with Dani Ibarra. I received my Yin Yoga certification from Bianca Fearon, and I am certified in Restorative Yoga, having studied with Jillian Pransky. I completed a Master in Subtle Body Training with Jeanne Heileman, and I am a trained certified Urban Zen Integrative Therapist, Master Level Reiki Practitioner, and am CPR/AED certified.

I love that yoga is a constant process of learning and unlearning and I am forever grateful to both all of my teachers and all of my students for showing me that unlearning is part of the process of learning. Yoga has the capacity to challenge and stimulate any and every student. I am inspired by and experienced with yogis of all levels and am honored to share the transformative power of yoga with anyone who is eager to discover the joy and peace of practice.

My classes balance creative sequencing, and attention to alignment and safety with a relaxing touch of inspiration and an intriguing playlist to guide you deeper into the moment. You will step off the mat feeling realigned and revitalized, yet relaxed.

I look forward to practicing with you!.

Namaste!