



Courtney Marino

Courtney Marino is a lifelong health and wellness enthusiast, and has been doing yoga on and off for 20 years. While struggling with a rare medical condition (that wasn't diagnosed by western healthcare providers for 5 years) she sought out alternative healing methods.

This path eventually led her to the 200 hr intensive yoga teacher training, at Yoga Noho Center, that changed her life. She is constantly learning and seeking new experiences and modalities, and loves to guide others on their healing journeys.

Join Courtney as she will guide you through a very thoughtful and playful yoga class giving options for all levels to build a strong practice.

When she isn't doing yoga she loves hanging out with her son, Jack, and her dog, Oscar.