

# CHUTNEY BERRY

## MASTER TEACHER



Chutney Berry is a certified Khudalini Yoga Instructor with a diverse background that incorporates the study of many forms of Yoga, Dance and Holistic Health practices.

From 1975 to 1983 Chutney studied movement meditation with Emily Conrad-Doud, founder of Continuum Movement in Los Angeles. It was there that she learned about the intrinsic “intelligence” of the body. She added to her studies by gaining a Teacher's Certification from YogaFit in 1998, The Center For Yoga in 2000 and Anusara Yoga in 2007. In addition, she dedicated 4 years of practice & study to Power Yoga with Bryan Kest in Santa Monica. She received her certification in Kundalini Yoga in 2014 and continues to study with masters Tej Kaur Khalsa and Harijiwan.

Her Yoga classes are taught in the tradition of Yogi Bhajan. Chutney has used what she has learned to help and guide people suffering from drug and alcohol addiction. She has taught recovery yoga classes in state hospitals, recovery centers and rehabs.

She has also traveled over seas to Costa Rica, Thailand and Japan providing retreats and workshops with a study book of yoga poses published in Japan. Being of service is an integral part of her training and giving back to the community around her is her great motivating factor.

The goal of guiding others to realize their own greatness is at the core of her teaching principles. The main concept is that the center of our power, our joy, and our creative source comes from a healthy body, peaceful mind and a compassionate heart! Chutney's upbeat classes always strive toward an uplifted heart theme, that relates to everyday living and everyday problems. Her years of experience set a safe environment for all levels of yoga practitioners to enjoy.

Yoga NoHo Center

*live, love, and inspire others!*



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