

Wesam Keesh

Wesam has been practicing yoga since 2006 to connect and be more in control of his body, mind, and spirit. The more he practiced yoga the more he realized that the science of yoga continued to enhance every aspect of his life, especially in his acting career.

Teaching has always been a passion and he started teaching martial arts in his late teens to give inspiration to so many young adults, so it was only natural that Wesam would be interested in the yoga teacher training course.

After being a student of the Yoga NoHo Center, he realized that it was the time to dive deeper in his own personal yoga studies while earning his certification to teach yoga.

Immediately, Wesam loved the course and as soon as he received his certification started to teach as a way of giving back to the people what yoga has given to him.

His main goal is for people to develop and build exceptional body awareness through fun and engaging classes that focus on breath, foundational alignment, meditation, and invigorating flow.

He is so delighted to be part of the Yoga NoHo Center teaching team and no matter what type of class you take with Wesam, you are sure to leave feeling the best version of yourself.

Yoga NoHo Center
live, love, and inspire others!
