



About Kelsi Borden

Kelsi is a certified yoga teacher, photographer and digital marketing consultant from Vancouver, British Columbia. She moved to Los Angeles as a child where she studied fine art through high school and college, earning a degree in Photography. With over a decade of experience practicing yoga, Kelsi discovered profound health and wellness benefits through Vinyasa, Hatha, Restorative and Iyengar methods. This inspired her to become a certified yoga teacher, with the goal of helping others experience the same positive impact on their lives through the practice.

In her classes, Kelsi focuses on making yoga accessible to everyone while promoting self-love, inclusivity and connection. Her background in digital marketing also gives her unique insights into how to help technology-focused students manage the strain of long hours in front of screens. Kelsi's ultimate goal is to help her students reset and reconnect with themselves through yoga.

Kelsi's journey as a yoga teacher began through Yoga NoHo's 200- hour program where she gained extensive knowledge about creating safe and meaningful classes, yoga's history and reach in the world, and found a loving and supportive community.

She is proud to be a part of the Yoga NoHo team and is dedicated to her continued growth as a teacher and student of yoga.