

# ANTHONY BENENATI

## MASTER TEACHER



Anthony Benenati is one of only a few senior teachers in Los Angeles. He has been teaching Yoga nationally and internationally for 24 years. He has taught hundreds of teachers around the world.

He was the co-founder of City Yoga, a studio on the cutting edge of Yoga culture in Los Angeles for 15 years.

Now he teaches select classes, privates and leads trainings abroad bringing his teaching mastery to all corners of the globe.

His philosophy is simple, fit the yoga to the student, not the student to the yoga. "Yoga practice should help you transform, not get more caught up in yourself."

Yoga NoHo Center  
*live, love, and inspire others!*



Please email [info@yoganoho.com](mailto:info@yoganoho.com) to contact Anthony