

Caolina Pelayo

Asana Yoga Teacher

Carolina is from Mexico, speaks several languages and started yoga to help her find purpose in life and to rediscover herself. She often says, "Yoga saved me". She knew she had the power to create an amazing life, but didn't know how. It wasn't until she began to actively take action moving from the power of the thought to the power of action that her life began to change. She can't explain how yoga transforms a life, it just happens.

If we become vulnerable to the practice, yoga will transform the physical body, it will open the heart, and expand the awareness. Yoga has taught her to accept herself; and through the accepting there is allowance; and through allowance there is freedom.

We all want to live in a state of joy, unconditional love, and peace. The problem is we resist the experience of struggle and what I have learned to call opportunity. Physical and emotional pains want to be experienced and deeply felt so they can move through. Just come as you are.

It was then she knew she had to teach yoga and decided to take the 200hr intensive teacher training at the Yoga NoHo Center. Once she graduated, Karen saw her talent and passion and hired her, now she will be taking the 300hr professional training in the fall. Her passion of yoga coupled with her psychology studies is the perfect combination to help so many people. Her goal is to also use her languages to reach as many people as possible to change lives. Her classes are filled with smart sequencing, thoughtful music, and a lot of love.

Yoga NoHo Center
live, love, and inspire others!
