

Scott Parietti

Kundalini Yoga & Meditation is more than just exercise, it is a journey to the Truth of who we really are that is reached by simultaneously disciplining the body, cleansing the negative thought-patterns of the mind and subsequently creating space to allow Spirit to flow more freely. Through this journey we can abandon our fears, insecurities and self-limiting belief patterns and learn to live in our natural state of ease, peace and joy.”

Scott Parietti has been practicing Kundalini Yoga & Meditation since 2005 and is an IKYTA Certified Instructor, trained by Gurmukh Khalsa at Golden Bridge Yoga Los Angeles in 2012. Through real-life experience, love and humor, Scott strives to uplift and inspire students into living happier, more effective, more peaceful lives.

Using Kundalini Yoga and Meditation as a primary tool, Scott was able to successfully heal depression and addictive behavior in his own life without medication or therapy.

Scott is excited to be part of the Yoga NoHo Center team as there isn't many Kundalini yoga studios or other studios offering this amazing practice.

Yoga NoHo Center
live, love, and inspire others!
