



Carmen is a Registered Yoga Teacher with the Yoga Alliance (RYT 200). Carmen first fell in love with yoga in New York eight years ago. When she came to the Valley five years ago, she discovered Anusara Yoga and has been a devoted student ever since. Carmen enjoys sharing her passion of yoga with others. Her gift is her ability to welcome and invite students to explore their deeper selves through the practice. She is extremely grateful for her teacher and mentor, Paulette Bodeman, who has been an influential part of her life.