



A devoted student of Anusara yoga, Katrina finds joy in her practice. Deeply grateful to all of her teachers, her experience has been one of transformation that integrates body, mind and soul. The study of Tantric philosophy has infused her spirituality with a new vibrancy and the physical practice has helped facilitate and maintain a 50 pound weight-loss. After completing the Anusara Immersions and Teacher Training at Yoga Village, she began teaching in 2007. Katrina believes there is a yoga practice available to every single body, regardless of age or body type. Her invitation to yoga is come-as-you-are. With her encouraging and empowering teaching style, she endeavors to make every class a playful opportunity to explore and expand. Katrina lives in Phoenix with her husband and two children.

Eat well and prosper.