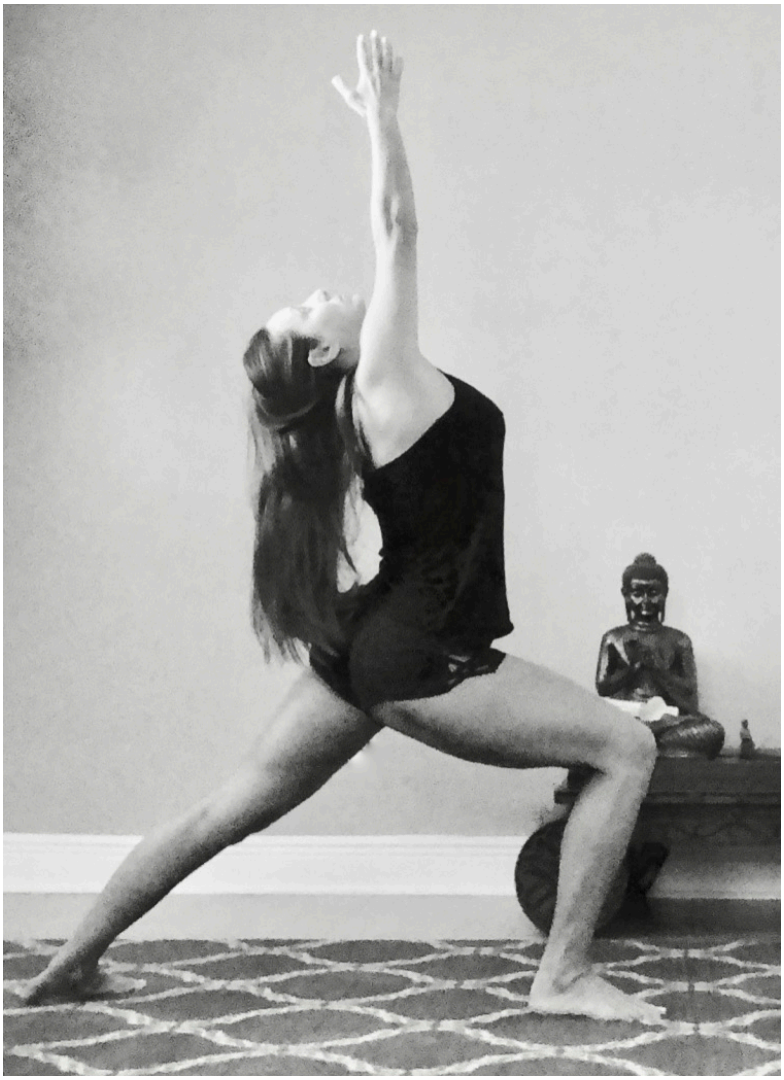

Yanneth or “Y” as her friends lovingly refer to her is a Cuban-American, Art lover, mom and unconventional grandmother of twins. Her passion for helping others initiated in health care short than 28 years. She exited the corporate expressway in pursuit of becoming soul rich, ultimately leading her into a yoga path.

Yanneth received her RYT 200 Yoga Alliance certification under the tutelage of Ximena Prelle at Bodhi Yoga. She successfully completed and is certified in Anatomy for TT level 200. She is a wholeheartedly dedicated practitioner of Vinyasa and Ashtanga methods, but above all, eager to empower others by sharing her practice.

Yoga is the nourishment for her body and soul, so she encourages everyone to carry their practice from the mat to their daily lives and into the world.