



## SASHA

Sasha Novell-Solacito

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*“You cannot enter the door of yoga without kindness and compassion for others”*

Tibetan book of yoga

### *Vinyasa, Yin and SUP Yoga Teacher*

Sasha began her yoga journey in 2005 in Vancouver where she took her first class on yoga and anatomy. Since then she has continued to develop her own personal practice, taken classes and training courses around the world and is now sharing her passion for yoga with students. Sasha completed her RYT-200 at YYoga in Vancouver, Canada under Anila Lacroix and Coco Finaldi. She has studied under Iyengar teacher, XiaoShui Ping in Zhuhai, China and practiced Yin yoga, with one of its founders, Bernie Clark.

In 2016, Sasha combined her love of the ocean with her love of yoga and started, SUP Yoga Vallarta, focusing mainly on Stand-Up Paddleboard Yoga and yoga on the beach. Sasha teaches vinyasa, hatha and yin, and her classes focus on anatomy and alignment to ensure that all practitioners, from beginners to more advanced, prevent injury and take care of their bodies. Her classes are always welcome to all-levels and she gives varying option in order to accommodate for different bodies, abilities and levels of experience. Practitioners will leave her class feeling calm, restored, supported and connected.



YOGA & SUP YOGA

### SIGN-UP FOR SASHA'S

#### SUP YOGA CLASSES:

🕒 60 min \$ 1 lesson: \$60 👥 1-3 people

#### YOGA WORKSHOPS:

🕒 60 min \$ 1 lesson: \$60 | 2 lessons: \$100 👥 1-5 people

#### MEDITATION WORKSHOPS:

🕒 60 min \$ 1 lesson: \$60 | 2 lessons: \$100 👥 1-5 people

You can sign-up for one of this workshops at frontdesk



SOFÍA  
Sofía Chávez

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*“The body is your temple. Keep it pure and clean  
for the soul to reside in.”*

–B.K.S Iyengar

### *Vinyasa, Ashtanga and AntiGravity Yoga Teacher*

Sofia has dedicated herself to the practice, study and teachings of yoga. She trained in the disciplines of Ashtanga and Iyengar Yoga, combining elements of these styles into a dynamic and inspiring alignment-based flow. Training with world-recognized teachers all through Asia, emphasizing her practice in the importance of proper alignment, pranayama breathing techniques, and meditation.

She believes the mind, body and soul connection is a sacred one, and one that should be nurtured and inspired. With that mentality, she teaches her classes from her heart creating a safe, non-competitive space for her students to dive beneath the surface of their daily lives to find deeper meaning and inspiration. Her classes offer creative sequences with intentional themes, She is able to teach a range of styles from strenuous to restorative, Advanced options are made available for new students and experienced yogis so that all can reach their potential. Sofia’s kind and gentle manner are well suited to lead students of all levels.



ANTIGRAVITY  
& YOGA

### SIGN-UP FOR SOFÍA'S

#### ANTIGRAVITY CLASSES:

🕒 60 min 💰 1 lesson: \$60 | 2 lessons: \$100 👤 1-5 people

#### YOGA WORKSHOPS:

🕒 60 min 💰 1 lesson: \$60 | 2 lessons: \$100 👤 1-5 people

- Restorative, Vinyasa y Ashtanga



**JERRY**  
Gerardo Félix

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*The only thing that is ultimately real about your journey is the step that you are taking at this moment. That's all there ever is.*

- Zen Proverb

### *Vinyasa, Ashtanga and Yin Yoga Teacher*

Gerardo Félix also known as Jerry is not only a yoga instructor but also a nutriologist who specializes in mindful eating and vegan nutrition. He sees yoga as a great way to help improve and create a better version of ourselves. In an environment of kindness and respect, he leads his students through a practice adapted to their needs, where they can lift their spirits and leave the room with more awareness.

Since 2015 Jerry started the joyful path of teaching. He got his Vinyasa Yoga teacher certification in Mexico. Then in 2016, he studied yin and restorative yoga with Maria Abad and Bernie Clark in Canada. In 2018 he went to India and deepened his studies in The Yoga Institute in Mumbai and the KPJAYI in Mysore, studying the Ashtanga Primary Series under the guidance of Sharathji's.



YOGA

### **SIGN-UP FOR GERARDO'S YOGA WORKSHOPS:**

🕒 60 min 💰 1 lesson: \$60 | 2 lessons: \$100 👤 1-5 people

- Yin Yoga. Ashtanga Primary Series, Inversions.

You can sign-up for one of this workshops at frontdesk



## KAORI

Kaori Cristina Gómez

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*Each morning we are born again. What we do today is what matters most.*

- Buddha

### *Vinyasa and Hatha Yoga Teacher*

Kaori Cristina began her yoga practice in 2010. Though it started out as a physical practice, she soon became interested in the mental and emotional benefits it provided. Yoga for Kaori Cristina has become a path to a healthier, happier lifestyle, and it is this love of yoga that lead her to complete her teacher training in 2015. Kaori had the pleasure and honor to complete her 200 RYT training at Davanna Yoga in Puerto Vallarta, Mexico in 2015. She also completed SUP Yoga training in the summer of 2016 in Houston, Texas with BIG Power Yoga.

Since her training, Kaori has moved down to Puerto Vallarta to focus on her studies and yoga practice. Kaori's experience in teaching includes Yin, Hatha, and Vinyasa. Always expanding and exploring with curiosity, she has extended her training in Restorative Yoga, Yoga Nidra, Thai Yoga Massage and Ayurveda. As a former school teacher, Kaori enjoys passing a love of learning and living through yoga. Kaori leads classes suitable for all levels, tailoring each class to the students, and providing a safe environment where students can gain the most out of each practice.



YOGA & SUP YOGA

### SIGN-UP FOR KAORI'S YOGA WORKSHOPS:

🕒 60 min 💰 1 lesson: \$60 | 2 lessons: \$100 👤 1-5 people

You can sign-up for one of this workshops at frontdesk