

Dena David

INSTRUCTOR

EDUCATION & CERTIFICATIONS:

- Completed Core Power Yoga 200-Hour Teacher Training (RYS200 TT) in April 2019
- Completed Core Power Yoga 50-Hour Yoga Extension Teacher Training



ACHIEVEMENTS:

- 4.5 years of fulfilling yoga teaching
- Deepened connection with self and students through teaching
- Developed an online yoga platform and website to expand the yoga community and connections



HOBBIES:

- Outdoor activities: hiking, paddle boarding, bike riding, camping, snow skiing
- Culinary arts
- Event planning
- Gym workouts
- Yoga

PHILOSOPHY:

You must be the change you wish to see in the world. -Mahatma Gandhi

BREA
FITNESS