



Arjuna Valero
Yoga Teacher

*"Rid your body of its
impurities, let your
speech be true and
sweet, feel friendship
for the world, and
with humility seek
wealth and
knowledge"*

Sri Tirumalai Krishnamacharya



RESIDENT YOGA TEACHER

Arjuna is a Yoga instructor who seeks to motivate the student to find and consciously define among the wide variety of Yoga styles, the practice that is best suited to his anatomy and personal search. Arjuna had contact with his first physical practices of Yoga in his childhood and early adolescence, it was not until the age of 16 that he began to deepen in the different areas of knowledge that Yoga offers as a way of life.

At that same age he was invited to take his first certification focused on Traditional Hatha Yoga (Sivananda Style) under the teachings of Olinka Villanueva Zuno in 2014. Years later he also trained as a Vinyasa and restorative Yoga instructor in Davanna Yoga (2017) with Anna Laurita. Deepening and looking for more inclusive ways of practice for different kinds of bodies, ages and minds he was instructed as a Yin Yoga Teacher in the summer of 2017 by Maria Abad in Puerto Vallarta.

YOGA & MEDITATION

Sign-up for Arjuna's yoga workshops

🕒 60 minutes per lesson

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

1. Taoist Yoga (Yin Yang Yoga/Qi Gong).
2. Bulding a strong foundation on your Sun Salutation (Surya Namaskar).
3. Traditional Yoga, Sivananda.

Arjuna teaches at Xinalani on Thursdays and Sundays. You can sign-up for one of his workshops at frontdesk.



Jerry

Yoga Teacher

***"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



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VINYASA, ASHTANGA & 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 Jerry's yoga workshops

🕒 60 minutes per lesson

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

YOGA WORKSHOPS:

1. Yin Yoga. Ashtanga Primary Series, Inversions
2. Aerial Yoga



Kaori Cristina

Yoga Teacher

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

Buddha



VINYASA YOGA INSTRUCTOR

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 minutes per lesson

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

MEDITATION:

1. Traditional Zen Meditation
2. Metta Meditation (Loving Kindness Meditation)
3. Anapanasati Meditation (Mindful Breathing)