

Course Leader/Director:

ANNA LAURITA , is an E-RYT-500 (Experienced Registered Yoga Teacher) with the Yoga Alliance. She has over 14,000 teaching hours registered with the Yoga Alliance. Anna is a certified Yogic Arts teacher and an ERCYT (Experienced Registered Childrens Yoga Teacher) as well as an ERPYT (Experienced Registered Pre-natal YogaTeacher) with the Yoga Alliance. Anna began her yoga studies in 1991 in Katmandu, Nepal and has traveled extensively since then in Asia, where she met her most influential teacher Master Duncan Wong, who honored her with her first teaching certification. Anna has also studied with Srivatsa Ramaswami, (a 30 year student of Sri Krishnamacharya) from whom she received a certificate in Vinyasa Krama. Anna has also studied at the Krishnamacharya Yoga Mandiram in Chennai, India where she continues to return and deepen her education as well as working with a KYM mentor. Anna is a certified Dharma Yoga teacher under the teachings of Sri Dharma Mittra at the 500 hour level. She is authorized to teach Dharma Yoga levels II and III.

Anna Lives in Puerto Vallarta (above the yoga shala) with her husband and three children. She spends her weekends at the ocean or on the hiking trails around PV.