



# BIO

## KATHLYN LOPEZ

Kathlyn is traveling yoga Instructor, Fitness Trainer and Wellness Coach, passionate about movement and self-care. Using movement as an art to create BALANCE in the body and mind. Movement and Art has always be a huge influence; dancing from the age of 4 and also founding passion for creative art as a form of meditation. But life isn't always peaches and cream.

In 2018 she took her first solo trip to Thailand. As she was in search to discover her Drama "life-purpose"; Kathlyn fully immersed herself in their culture, volunteering in childcare and living with a hill-tribe and participated in their daily pujas "spiritual rituals".

As this opened a new door to a new light, as she attended her first yoga and meditation class- led by local Buddhist yoga Master. Studying the Mythology & Philosophy of Buddhism and Hinduism teachings, as she was discovering art of movement and mind.

Kathlyn continued her daily practice in New York & traveling to other sacred countries such as in Bali and Costa Rica. And in 2020 she became a certified 200hr yoga instructor and moved to South Florida to further her practice- as she continued to be a student and instructor- deepen the practice in Jivamukti, Sound Healing, Yin yoga. Sharing these ancient lineage and creating a safe space for healing and transformation and most importantly self-LOVE.

Her classes will have you sweating and feeling energized. As she blends her dance, fitness & yoga training to create a creative vinyasa rhythmic & intuitive flows; strengthen the body, empower the mind, and ground throughout the practice as you connect to the divine "the self".

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Kathlyn Lopez



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