



CJ GUZMAN



YOGA INSTRUCTOR

CJ is a passionate and dedicated yoga instructor with over 10 years of experience in guiding individuals on their journey toward physical, mental, and emotional well-being. With a deep commitment to holistic health, CJ combines traditional yoga practices with modern mindfulness techniques to create a balanced and accessible approach to yoga.

In addition to yoga, CJ is passionate about mindfulness, meditation, anatomy, and overall wellness, bringing a well-rounded approach to each class. Through mindful movement, meditation, and breathwork, CJ helps students find balance, reduce stress, and develop strength — physically, mentally, and emotionally.

CJ's classes are known for their peaceful, grounding, and empowering atmosphere, where students can connect with themselves, each other, and the present moment. Whether you are looking to improve flexibility, build strength, or cultivate inner peace, CJ provides a safe and supportive environment for your practice to grow.

When not on the mat, CJ enjoys reading, traveling, and spending time with her four dogs and five cats. She is committed to continuing her own growth as a student of yoga, attending workshops, and trainings to deepen her knowledge and better serve her students.

CONNECT WITH US

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