

Michelle Nguyen-Tran

Yoga Teacher

Michelle is a practicing yoga teacher, therapeutic movement facilitator and bodyworker. She apprenticed and taught under a healing arts master in South Korea for the last 5 years. Through this method of learning, she studied through an integral healing lens with roots in Yoga, Ayurveda, Taoism and Chinese medicine. Some workshops that she has completed include Tantra, Thai Massage, Body Opening, Joint Release, Foot Reflexology, All-Night Breathing Meditation, Family Constellation Therapy and Massage for Yoga. She is now based in California and would like to guide those around her with the tools she learned. She firmly believes that when we take the time to heal ourselves, we cannot help but resonate love and positivity to those around us.

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