



# NICOLE CATENAZZI

Yoga and Meditation Instructor  
(ERYT-200, RYT-500, YACEP)

## MISSION

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My goal as a yoga teacher is to help students find their power, their potential and their peace through mindful movement, meditation and compassionate self-inquiry.

## TEACHING EXPERIENCE

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### GOODBODYFEEL (Hamilton), 2018-Present

Guest Faculty, Teacher Training

### Private Instruction, 2017-Present

Yoga, Spiritual Life Coaching

### In Fine Feather Yoga (Hamilton), 2018-2020

Restorative Yoga, Vinyasa, Intro to Yoga

### Suru Studio (Hamilton), 2019-2020

Gentle Yoga, Vinyasa "Light"

### The Yoga Lounge (Toronto), 2014-2016

Hatha Yoga, Vinyasa, Iyengar-inspired

## TRAINING HIGHLIGHTS

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### RYS-300, Zuna Yoga (Bali), April 2016

Advanced Hatha / Vinyasa / Restorative / Yoga Nidra

### RYS-200, Yogaspace (Toronto), June 2014

Hatha / Vinyasa Yoga / Restorative

### CE-10 Rod Stryker (Online), February 2021

ParaYoga Nidra Immersion

### CE-10, Downward Dog (Toronto), July 2015

Prenatal Yoga with Nicky Poole

## CREATIVE MILESTONES

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### Fearless Heart Method

CREATOR, FACILITATOR

- Using yoga, meditation and self-inquiry to connect to their fearless hearts; accessing raw insights and overcoming blocks of self-doubt.

### Befriend Your Self

CREATOR

- A yoga, meditation and breathwork video series available online, on demand.

### Life in Balance Yoga Retreat

CO-FOUNDER, RETREAT LEADER

- Successfully led two week-long yoga retreats in the south of France (Life in Balance Yoga Retreats, 2018, 2019).

### 30-Day Yoga Challenge, 2019

CO-HOST, FACILITATOR

- Co-host of In Fine Feather Yoga Studio's 30-Day Yoga Challenge, designing weekly themes, creating exclusive content, video classes workshops.

### Namaste Niagara

GUEST YOGA TEACHER

- Guest yoga teacher at Niagara Falls (Journey Behind The Falls); a natural wonder of the world,

## CONTACT DETAILS

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