

# CAROL FERRERA

I completed my 200 Hour Yoga Teacher Training at Sacred Seeds Yoga School under the direction of the well-known and highly respected Jacqui Bonwell. I received my Yin and Meditation Certification by Sagel Urlacher. I have been practicing yoga for over 20 years. I am also a Level One Balanced Athlete coach and a member of the Yoga Alliance.

My career has always had me in positions that were employee related (Human Resources) or customer service related. I have been in the health care field for over 15 years and have always had a genuine interest in helping others, particularly helping others feel good.



My dream of becoming a yoga instructor became a reality last year and I continue to be deeply inspired by Jacqui Bonwell, Natasha Rizopoulos, Johnnie Gillespie, David Vendetti, Sagel Urlacher, Elyse Bergamini and Erin Madore, by attending workshops and classes on a regular basis.

I have a unique desire to share my knowledge and experience to help others benefit from yoga as much as I have at each level, spiritually, mentally and physically.



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