

# COCO FINALDI

Coco has been practicing yoga for many many years and her passion and devotion have taken her around the world to pursue her studies with many teachers in several different styles, traditions and practices. She began in the early 2000's studying more traditional hatha yoga & Iyengar Yoga in San Francisco. Around the same time she was also exposed to Ashtanga Yoga and completed certifications and studies with teachers like Larry Schultz, Bhavani Maki and Manju Jois.

Continuing her practices and studies she re-discovered yoga and for the next several years she committed to practice and inquiry toward growth. This allowed her to widen the scope of her practice and of her self-knowledge. She traveled and lived in different parts of the US and Canada practicing different styles & traditions of Yoga like Anusara, Hot Yoga & Power Yoga.

Her practice was continuing to shift and grow when she discovered the Vijnana Yoga Tradition. This system made her feel held, wholly taught, guided and nourished. The 7 vital principles, the pace of practice and the vast community of devoted practitioners and teachers felt like home. Coco first encountered Vijnana when she moved to Vancouver in 2006. Since then she has studied with various teachers from the Vijnana Tradition and some other traditions as well as her own explorations.

After this abundance of time spent practicing and teaching Coco continues to practice, expand and study consistently. She continues to lead classes, workshops, progressives and retreats and teacher trainings (also holds a place on the faculty of Yyoga's teacher College as a Teacher Trainer – 200-hr teacher training program).

As a movement and wellness Practitioner she obtained certifications in Personal Training and in Thai Yoga Massage Therapy. She studied at The Lotus Palm School in Montreal and is part of the Massage Therapist Association of Quebec, RMQ.

Coco is a passionate mover, creator and bodyworker. Her curiosity and studies in bio mechanics, active lifestyle & yoga philosophy feed her constant quest for knowledge and make her work holistic and powerful. Integral in her lifestyle, she is committed to whole living nutrition – a diet that is raw and vegan – and one that best allows her to maintain healthy and balanced well-being in body, mind and spirit.

Coco works with clients as a mentor, a coach and a consultant with a willingness to help them toward ease and optimal health. Her 5 principles “Feel. Practice. Listen. Breathe. Move.” guide her work and she hopes to usher people toward greater health, growth, insight and freedom in their own mind, body and spirit.

With 15 years of experience, Coco draws upon that experience and knowledge to assist and empower people. She does so by offering them tools that may help them in their practices, their health and toward achieving their goals. Since no two people are alike, she evaluates and creates ways to student's and client's individual needs. She values effort, reflection and natural progression on any path and the daily reminder to “adopt the pace of nature for her secret is patience”.

Coco vows to continue to impart the importance of working the gross and subtle aspects of practice toward evolution and transformation; something she herself continues to unfold & explore daily and is extremely grateful for.