



## **Carmina Rodriguez**

Carmina radiates compassion into everything she does and is always leading from the heart. For her, the practice of Yoga became one of self-study- that in which steered her towards a deeper understanding of the physical body and in turn illuminated her connection with the mind, emotional body, and spirit.

Her classes are alignment based, formulated with intention, constructive sequencing, with an offering of hands on adjustments and space for self-inquiry. She weaves in pranayama, meditation, and mantra accompanied with a harmonium in the practice. Her overall intention for her classes is to create a safe space for students to find expansiveness and ease within their bodies, as well as cultivating a compassionate relationship with all parts of themselves, through movement, attention to breath, patience, and love that will in turn bring about more intimacy with the Self and the world around us.