

**KEENA LOPEZ, RYT 200,
TEACHES KUNDALINI AND HAWK YOGA**



Keena began her love affair with yoga in California in the Summer of 2000. She knows that it helped her immensely in her recovery from cancer and that it has helped her stay healthy and grounded ever since. She also believes it was her practice that helped her conceive her second son! Keena's yoga experience includes Bikram Hot Yoga, Pre and Post-Natal Yoga, Fitness, and Meditation. Then, in 2015, she met and fell in love with Kundalini Yoga at Yoga Lola Studios. This is when she decided to become a teacher herself.

As a mother of three sons, Keena uses her yoga practice to stay in shape and her breathing exercises (pranayama) to maintain calmness and patience. "I use my yoga practice to become more aware of my actions in relationship to others and the planet". "My intention is for clients to walk out of any class I lead feeling more awakened to their personal joy and believing more deeply in themselves and their personal dreams and desires." In addition to yoga, Keena enjoys spending time with her family, traveling, healthy cooking, gardening and going to the beach.