

**NIA ASANZA, CERTIFIED YOGA TEACHER**  
**TEACHES KUNDALINI, FITNESS, PRE-NATAL, and MOMMY & ME YOGA**



Nia was introduced to yoga at a young age by her mother. After a number of flirtations with yoga over the years, Nia found that she wanted what only a devoted yoga practice could give her – flexibility and a sense of inner peace. After the birth of her son, Nia truly dedicated herself to working it out on her mat and realized how much better she felt. Yoga has brought many benefits into her life, and she is passionate about sharing it with other students, especially moms, moms-to-be, and children! She enjoys teaching yoga to everyone, but her favorite styles are pre-natal, post-natal, and children’s yoga.

Nia is currently attending HCC and pursuing her business degree, is a full-time mommy, and actively practicing yogini. She teaches a variety of yoga classes, as well as managing the front office and phones at Yoga Lola.