

Danielle Guido is first & foremost a student on this wild ride that we call life. She is a yoga teacher, personal chef, reiki practitioner, and wellness advocate. She has a love for people, puppies and laughter. Every day is a new opportunity for her to showcase her enthusiasm, confidence & passion with hopes of inspiring others to live the life of their dreams.

Holistic Health and Healing have been major themes in her life. Danielle puts her heart & soul in all she does. It is important for her to leave this world a better place than how she found it.

Guido has recently graduated from Yoga in Common with a RYT 200 Certification in Vinyasa training under the guidance of Jodi Geoghan in February 2015. Her classes emphasize connection to breath, meditation, and knowledge of self. She loves sharing the gift of yoga with others. Accompany Danielle in her pursuit to revolutionize mind, body, and spirit.

