

## Meet Your Instructors

### Denelle Numis



With over a decade of experience, Denelle offers an authentic and intentional perspective to students. Movement is her biggest passion, and she loves to guide students through an intelligent and exploratory yoga asana sequence while incorporating mindfulness and real-life lessons into the practice. Expect a practice designed to leave you feeling your best! Denelle teaches regularly in San Francisco, CA and leads quarterly retreats both locally and abroad.

### Peter Walters



Peter Walters is a student of life. He uses yoga and chanting as vehicles to share presence, joy, awakening, and healing practices. You can find him teaching yoga at Cloudbreak in Sausalito, San Quentin State Prison to incarcerated individuals, leading retreats, around the world teaching at festivals, on Headspace, Audible, and FitOn apps, and in a Zoom room near you sharing live online and recorded practices. Come along!

### Katelyn Morris



Katelyn is a nature-inspired creative, educator, and yoga practitioner whose work blends ritual, sound, and artistic expression. Rooted in her upbringing in the Appalachian mountains, she draws deep inspiration from the earth's ecosystems to guide her offerings as a space holder and community builder. Based in South Lake Tahoe, she teaches yoga, leads lunar-aligned circles, and weaves healing soundscapes into her classes and ceremonies. Her work explores the human experience through themes of nature, womanhood, subtle energy, and the soul.

### Brooke Haley



Brooke Haley is a Tahoe-based Clinical Yoga Therapist and global wellness expert dedicated to elevating the human experience through holistic wellbeing. Known for her refined presence and intuitive depth, she guides individuals toward balance, resilience, and inner vitality. Integrating therapeutic yoga, mindfulness, and integrative wellness practices, Brooke blends clinical insight with restorative, soul-centered experiences, creating compassionate, sophisticated spaces where people can find clarity, lasting wellbeing, and a renewed sense of harmony.

### Alana Saporiti



Alana curates ritual connection, seeing and guiding others through portals to the mystical realms—nurturing spaciousness and wonderment. Deeply rooted in evoking pleasure and living everyday-life as ceremony, she is dedicated to her soul's curriculum as a Sound Bath Facilitator, Yin Yoga Instructor, Tea Ceremonialist, Priestess of Freyja, and Reiki Master. She creates environments for you to connect with your inner cycles, the cycles of nature, and ancient knowings that lie within.

### Cristi Christensen



Cristi Christensen is a global embodiment teacher, author, and transformational leader. A former elite gymnast and US Olympic-track diver, her journey through a career-ending injury and advanced-stage cancer shaped her commitment to healing and human resilience. Cristi blends yoga, somatic practices, and sound healing to help people access deeper transformation. She is the author of *Chakra Rituals*, the founder of the Kirana 500-hour yoga school, and co-founder of Deep Exhale.