

Alexa Giardino is a certified yoga teacher and licensed social worker who has been practicing yoga since 2016. Her unique background combines gentle vinyasa style yoga flow, with a focus on breath, mindfulness, and deliberate movement to alleviate stress, encourage grounding and centeredness, and connect the breath with the body, with her experience as a social worker. Alexa’s goal is to engage participants in exercises that aim to produce feelings of inner calm, peace, confidence and self-awareness.