



Shay Moraga

Founder, Namaste with Shay, Riverside and San Diego Counties

Credentials: Certified mobile yoga instructor, entrepreneur, community leader, and yoga-for-cancer coach and mentor. Certifications include E-RYT500, RYT 200/500, Yoga for Trauma, AAI/ISMA Master Personal Trainer, Spin Instructor, and Breast Cancer Wellness Mentor and Coach. Her business, Namaste with Shay, is a virtual and mobile yoga studio that comes to your home or business.

Work Philosophy: Shay's yoga focuses on multiple disciplines, including power, gentle, slow-flow, chair yoga, and, most dear to her heart, her Yoga for Cancer classes that are entirely donation based. These classes benefit breast cancer survivors through her non-profit, Shay's Warriors, focusing on life after cancer. Helping heal women and their families through the mind-body connection, health, and fitness.

www.NamasteWithShay.com