



# KAYLA GONZALEZ

Wellness Guide  
Yoga Instructor



Kayla Gonzalez (she/her) is a born and raised Milwaukee native, and proud Latina woman that loves to travel, create art, and continuously learn about her growing passions! Her life journey has allowed her to teach high school biology in Liberia, study Public Service in graduate school, and work in nonprofits across Milwaukee over the past few years. All of these experiences have led her to pursue her dream to be of service to her community through liberating movement rooted in her values of joy and dignity for everyone.

Kayla practices yoga to feel strong, grounded, and confident in her own body. It brings her back to herself when anxieties and intensities of life tilts her off balance, and connects her back to the unwavering joy within her.

As a 200-hr certified yoga instructor and long time practitioner, Kayla now teaches yoga to share with others all that yoga has brought her--life, healing, laughter, contentment, and confidence. All of the gifts and breakthrough moments received from her over years of practice is what she is eager to offer to students of all levels, identities, shapes, and life experiences through a trauma-aware lens. Whether through power, chair/wheelchair, or restorative yoga, Kayla guides yoga to deepen her own practice, and guides others to find the greatest teacher within themselves along the way.

