

Hello there,

My name is Alejandra Cabrera, and I am a dedicated yoga teacher living a peaceful lifestyle. Born in California, raised in Mexico, and settled in the Carolinas in 2016, I now call Rock Hill, SC, home—and I love it here!

I discovered my love for yoga in 2013 through a simple DVD, and it was love at first stretch. Stretching was always something I enjoyed, and the profound benefits of yoga quickly turned it into a special interest of mine.

Yoga has transformed me into a more grounded individual, deeply in touch with the world around me. It has been a journey of self-discovery, teaching me the beauty of authenticity and the importance of embracing errors as part of personal growth. Through yoga, I have found a unique connection to the universe, and I crave sharing this connection with others.

Beyond yoga, I have a variety of hobbies that enrich my life. I love to walk, meditate, look at the stars, and enjoy nature. I also enjoy watching films and listening to music.

I hold a 200-hour Yoga Teacher Training (YTT) certification, allowing me to teach and share my passion. I am excited to empower others so they too can experience the magic within themselves through our practice together.

Join me on the mat, and let's embark on this transformative journey together.