



KATHY PÁEZ

KATHY@KATHYPAEZYOGA.COM

YA REGISTRY ID: 126706

ABOUT ME

+20years experience as a Yoga Teacher.

SKILLS

Teacher trainer/ yoga educator on anatomy, subtle body, and Sanskrit.

E-RYT® 500, YACEP®

EXPERIENCE

YOGA TEACHER TRAINER

2023, Anatomy Teacher Trainer at Yoga Studio Barcelona
2019 –present. Founder of 2Y functional Yoga School, advanced 300h international modular teacher trainings (online and in person).
2019 – present. Assistant to Yin Yoga founder Paul Grilley.
2019 – present. Anatomy teacher trainer for Mount Madonna 200h YTT.
2020- 2021. Anatomy Instructor for Grow Yoga Barcelona.
2012 – 2016. Lead teacher and curriculum creator, Yin & Vinyasa 200h YTT. Zentro Urban Yoga, Barcelona, and Madrid
2014 – 2016 Lead Teacher, Yin & Vinyasa 30h modules, Yoga-Reiki Satchidananda, Gran Canaria

WEEKLY CLASSES, WORKSHOPS & RETREATS

Online workshops for 2Y functional Yoga School.
July 2023. 7-night Yin Yang Yoga retreat Karpathos, Greece.

2004 – 2016, Barcelona, Spain

Taught regular weekly private and group classes at the following studios:
Zentro Yoga (2005 – 2016), Holmes Place (2008 – 2013),
Yoga Dinámico Mandiram (2011), Fitness First (2007- 2008),
Yoga Estudio Barcelona (2003 – 2007)

EDUCATION

2023, Sanskrit readings with Dra. María Elena Sierra. University of Barcelona, Spain
The Bahagavad Gita w/ Paul Grilley, D'Alijo, Portugal.
The Yoga sutra Patanjali w/ Paul Grilley, Mount Madonna Center, California, USA
2022, Meditation, Bandhas, and Mudras inspired by the Nei Jing Tu w/ Paul Grilley. Portugal.
Chakra meditation w/ Paul Grilley. Portugal.
2021, Sanskrit with Dra. María Elena Sierra. University of Barcelona, Online
2021, Personal Yoga studies with Paul & Suzee Grilley. Online
2019, 50h Unit I. Yin Yoga Teacher Training w/ Paul Grilley. Soquel, CA, USA
2018, 50h Yin Yoga Teacher Training w/ Bernie Clark, Vancouver, Canada
2017, 50h Bhagavad gīta w/ Paul Grilley, LMB, Soquel, CA, USA
2016, 50h Yoga sutra patanjali w/ Paul Grilley, LMB, Soquel, CA, USA
2016, 25h Chakra retreat w/ Paul Grilley, LMB, Soquel, CA, USA
2016, 50h Yoga Sutra Patanjali w/ Paul Grilley, LMB, Soquel, CA, USA
2015 – 2016, 6 credits, Sanskrit, University of Barcelona, Spain
2014 – 2015, 300h Yin Yoga Paul Grilley, Thailand, Mexico and USA
2013, 200h Mount Madonna Center, Watsonville, CA, USA
2012, 25h Yin yoga w/ Sarah Powers, Yogamoves, Netherlands
2009, 44h Vinyasa flow w/ Shiva Rea, Kripalu, Massachusetts, USA
2007-2008, 6 credits, Sanskrit, University of Barcelona, Spain
2007, 15h Yin yoga w/ Paul Grilley, Chicago Yoga Center, USA
2003-2004, YTT Yoga Estudio Barcelona, Spain
2000 - 2004, Bachelor's in Fashion Design, Felicidad Duce Barcelona, Spain
1998 – 1997, Pan American High School Costa Rica