**ELVIRA PEREZ-PACHECO - YOGAWASI OWNER**
Born – Lima, Peru
Birthday – May 22nd.
​Languages – Spanish and English

**Who am I?**

I think that if I would have to define myself with only one word it would be a seeker. I have been so many things (English teacher, elementary teacher, History and Literature teacher, Lawyer, Spanish teacher, cook, Yoga teacher). Now I realized that every step I took was in order to bring me here. I started as a school teacher to pay my law studies. Then, as a lawyer I had the chance to travel and so living abroad allowed me to learn about yoga. After deciding that I wanted to have more time for myself I discontinued my law practice and I came back to teaching, this time to foreigners. As I got further into teaching yoga I also started sharing with my students about Peruvian gastronomy through cooking classes. I finally realized that my dharma was to teach, to share what I had learned with others.

Now, I feel so blessed to make one of my biggest dreams come true: to have my own place where I can put my knowledge, my experience, my intentions and my life at the service of those who want to share it with me.

I am convinced that when you really want something it is because it is somehow what you came into this life for…but you just forget it. And this is why, as Paulo Coelho says, all the universe conspires to get it…and everything flows as it is meant to be.

I believe in magic, in miracles and that there are no limits that can stop you from reaching your goals. I started doing sports when I was 28. I had not done any kind of recreational physical activity before and yes, I started doing karate. I practiced karate for over 8 years and I still keep its teachings and philosophy as part of my life. I also started hiking and camping and love to do it. I began with rock climbing at the age of 47 and used to do it four times per week while I lived close to a climbing gym. What I mean is that it is never too late to start something new. I will be so grateful if my life in any way might help others to see that there are not obstacles like age or gender to prevent you from doing what you want.

**Talking about my yoga experience**

I got in touch with YOGA for first time back in 2000 when I went to Berkeley, California, US. After that, I made yoga classes a part of my daily life and especially when I came back to Peru. In 2008 I started to practice it on my own and while I was doing it at a corner in the gym people began to ask me if they could join me doing what I was doing (at that time the practice of asanas was something unknown here and I used to talk about its benefits). From there, I started to share about what yoga is. Then came the time when I decided to get deeper into the practice and so I earned my 200 hour yoga teacher training certification (Hatha) so that I could teach it properly. I continue exploring yoga and in fact, I spent one week recently at yoga teacher training for Kundalini Yoga. I am willing and desirous to learn more! in February 2018 I traveled to India for a 300 hour Ashtanga and Vinyasa yoga teacher training in Rishikesh, the birthplace of yoga. I am thankful to have more to share with my students now.

Since a yoga practice doesn´t come alone, I have done other courses too: 3 years at the Berkeley Psychic Institute, California, US for studies in meditation, aura healing, aura reading, clairvoyant, women´s intuition, and in Peru, Thai massage and Reiki 1. I am so happy to have this opportunity to share what I’ve learned with you here at YogaWasi.

Always grateful,

Elvira Perez Pacheco - Owner