

Gaia Fuenzalida (she/her) is grateful to live in the traditional territory of the Sinixt, Syilx, and Ktunaxa peoples, which is also known as Nelson, BC, Canada. She is of Chilean ancestry.

She is deeply grateful for the practices of meditation, yoga, and Qi Gong, which have brought much healing, stability, and resilience into her life.

Gaia became certified to teach yoga over 20 years ago, and has had the joy of sharing yoga with people in many varied settings including wellness retreats and trainings, spas, yoga studios, and in safe houses for vulnerable populations.

Her own personal journey, and care for others has led her to explore and train in yoga and meditation from a trauma informed lens, as she is deeply passionate about creating safe and accessible spaces which are welcome to everyone.

After sitting her first retreat 20 years ago with James Baraz, she fell in love with the Dharma and after many years of practice, has enrolled into a meditation teacher training program with Tara Brach, Jack Kornfield, and James Baraz.

Gaia is currently in process of creating *ELEMENTS OF GRACE COLLECTIVE*, a program built out of the passion to bring holistic trauma informed wellness practices to those in recovery from trauma and Addictions.

*“I am so happy to be able to offer mindful movement to our dear Sangha during the Women’s Retreat. If you have any questions, needs or concerns about the practice, please reach out to me so we can share our practice together in the safest and most accessible way possible. If you have any health requirements or injuries you are caring for, I welcome you to contact me so I can provide modifications to suit every body.”*

*With metta..... Gaia*  
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