



Elena Espinosa Bio

Born in Havana, Cuba and raised in Los Angeles with 5 siblings, Ele came to Coleville to begin a career as a Yoga Instructor and also as a Local and International Tour Guide/Director. After living in North Central Arizona for the past 15 years she moved her mother and herself to Coleville to be closer to her sisters and also to be a part of the rural lifestyle that the Antelope Valley offers. In her past she was involved in the veterinary pharmaceutical and equipment sales industry and is a Registered Veterinary Nurse. She also holds a Bachelor's Degree in Biology and an Associate's Degree in Veterinary Technology and several teaching certificates.

Ele is the owner of Ele's Yoga and Travel based out of Coleville. She offers Gentle Chair Yoga Classes for seniors and also a Beginner/Intermediate Mat Yoga Class. Ele immersed herself in Yoga for a 30 day intensive Yoga Teacher Training course at the Sivananda Vedanta Ashram in Grass Valley, California. She incorporates meditation (dhyana) and breathing (pranayama) techniques along with gentle stretches and postures (asanas) into her practice. The classes are held at the Antelope Valley Community Center just up the street from the Walker Senior Center and Thrift Shop.

A graduate of the International Tour Management Institute in San Francisco, Ele is available for local tour guide services. Her guided tours are an informative and educational sightseeing experience from Topaz Lake to the Sonora Pass. Sites such as Topaz Lake, the Sweetwater Mountains and the Eastern Sierras, the first Post Office location, the first schoolhouse, the cemetery, history of the agriculture and ranching of the valley, a visit to the Golden Gate Californian Mine Stamp Mill through Mill Creek Valley, the Dickson/Hickey cottonwood trees, the lives of the early pioneers that came through the valley and much more will be discussed. Being an accomplished birder, she can also spot out our wonderful variety of permanent resident and migratory species of birds. She is also available for exclusive birding tours.

Contact information for Ele's Yoga and Travel phone: 928.300.8088 email: espinosa2015@gmail.com