

AMANDELYN TAYLOR /OWNER/INSTRUCTOR



I've been a proud resident of Yuma for the last six years. With four years of honorable service in the US Navy and 20 years as a government civilian/contractor for the Marine Corps and Navy, working on information systems and Cyber Security for NATO and the F35 program, I bring a wealth of experience and dedication to my work. I am a disabled veteran who deployed to the Middle East three times and am a proud spouse of a retired Marine pilot and mother to a beautiful little boy.

My journey towards wellness began when I started practicing yoga and meditation several days a week. This significantly improved my overall health and well-being.

Wanting to share these benefits, I completed my 200hour Yoga teacher training certification in August 2023 and am also certified in Aerial, Sling, Children's, Yin Yoga, and Yoga Nidra.

A few months after my certifications, I had a vision to open my own studio, Tranquility Wellness Studio in Yuma, AZ, to help others in their healing processes. As a woman owned small business, I am committed to providing a variety of healing modalities and fostering a supportive community.

NICOL LUTZKANIN /INSTRUCTOR



I started practicing yoga in the 2000s to compliment my weight lifting training and quickly found the practice was deeper, more comprehensive and healing than I initially imagined. I pursued my yoga teacher training while living in Japan, then obtained trauma informed and military culture specific training through the Warriors at Ease organization. In 2018 I became an integrative restoration yoga Nidra instructor which is an evidence based practice rooted in ancient tradition and confirmed by modern science. In the past 13 years I have worked in both the military and civilian community. I teach from a multilevel approach so there is always a place on the mat for beginners or those with physical limitations as well as seasoned yogis. Yoga is a practice for everyone and every BODY and is an incredible way to manage stress and anxiety, move your body with awareness and foster the alliance between the body, mind and soul.

Come see me at Tranquility to continue your yoga journey or to begin a new one!

ROSALINDA KOEHL/RN/ACUDETTOX



I am a former US Army Medic/Mental Health Technician. I obtained my Bachelors in Nursing in 2011. My healthcare experience is in adult acute trauma, integrative outpatient and remote holistic Women's health. Although my nursing education is in traditional Western medicine, my own health/mental health journey motivated me to learn more about Eastern and holistic approaches in alternative modalities to support the body's innate ability to heal. I am certified in AcuDetox by the National Acupuncture Detoxification Association. It is a bilateral 5-point auricular acupuncture protocol that is effective in complementing any traditional treatment for stress, trauma and addictions. It is commonly done in a group setting. The five specific needle points in Traditional Chinese Medicine have effects on the nervous, circulatory and immune system through targeted organ and overall wellness balancing points.

TORI KATZMAN /INSTRUCTOR



A certified 200HR RYT from South Florida. Inspired by the sense of community, non-judgment, and deeper connection to the mind, body, and soul, I pursued my training to share this light with the world. I've been practicing yoga for over eight years, and it has completely transformed my mental, physical, and emotional health. Yoga provides me with a safe place to come home to myself, and I am passionate about sharing this gift with my students. Undergoing my 200HR certification is the best decision I have made in my life thus far!

ANDREA BEZERNAK /INSTRUCTOR



We are each on our own health journey, seeking greater strength, flexibility, and mental clarity.

As many people, I started yoga through the practice of the physical postures, or asanas. Since, I have also developed enormous gratitude for the myriad other aspects of yoga. I became hooked when I realized that yoga practice leaves my body feeling improved after practice instead of injured, and it returns my mind to a more calm and peaceful state. It is a privilege to share the tools of yoga to help others increase their health, resilience, and longevity.

Generally, I teach Hatha and Vinyasa yoga classes level 1-3, restorative and stretch classes, and guide meditation and soundbath experiences. I am certified as a 200 RYT Yoga Instructor, Nidra teacher, and Sound Practitioner.

I look forward to seeing you at the studio!

JOHN LOERA /INSTRUCTOR



John Loera is an 8th degree black belt and master instructor in the Chinese martial art of Tai Chi Gung Fu and 3rd degree black belt in Kajukendbo Hawaiian martial arts. John has had the honor of conducting workshops in the US and Mexico B.C. He, his son John Anthony (also a Tai Chi instructor) , and several students performed at events by Yuma Sun News, AWBA American Women's Business Association, and Yuma Crossing Heritage Area. His dedication to the art of Tai Chi shines through his signature classes and workshops, which blends invigorating breathwork with energizing body alignment instruction. Beyond the physical practice, he enjoys teaching ways to integrate Tai Chi wisdom into daily life.

FRANCISCA DIENER /INSTRUCTOR



Hola I am Francisca!

I am a certified 200-hour registered yoga instructor, Reiki practitioner and a certified sound practitioner. I am originally from San Luis, Mexico but Yuma, Arizona is my home. My classes will be focused on Yoga poses that are practiced with an emphasis on alignment and options for modifications. You are welcome in my classes to learn the basics or to deepen your current practice. Most importantly is that you listen to your body and take this time to deepen your connection to self via mind, body and spirit. The movement is music-driven and flows to both the beat and your breath. The music in my classes is a blend of Spanish with a mix of calming music to set you up for your day or life. My hope is that we all have some fun while moving together free of judgement surrounded by a loving community. I look forward to meeting you and/or seeing you at the studio. Namaste!

ADRIENNE NORIEGA /INSTRUCTOR



Adrienne Noriega was born and raised in Yuma, AZ and began her wellness career by earning a Bachelors in Nutritional Science from UofA. She then became a Certified Health and Wellness Coach and now specializes in women's health and the Cycle Syncing Method to transform women's overall well-being through nutrition, exercise and self-care. Adrienne began practicing yoga during the pandemic as a way to improve mental health through an isolating time as well as to strengthen and recover her body after 3 knee surgeries. Adrienne has been teaching yoga for about 1 year and is completing her Masters of Arts in Integral Health and Yoga Therapy. With her background and expertise in holistic health, she can help you in any of our classes as well as private or group coaching and classes.

JEN WHITTED /INSTRUCTOR



Wellness Coach & Business Strategy Consultant

With over 20 years of experience in the pharmaceutical industry, I transitioned into the world of wellness to help individuals achieve a more balanced, healthier lifestyle. My background in pharmaceuticals provided me with a deep understanding of health and the body's needs, and I now combine that knowledge with functional holistic wellness practices to guide clients toward sustainable well-being.

At Tranquility Wellness Studio, I specialize in weight loss and nutrition coaching, strength training, mindful meditation, and business strategy coaching. My approach is tailored to each client's unique needs, offering a blend of science-backed insights and mindful practices to achieve both physical and mental wellness. Whether you're looking to lose weight, improve your nutrition, find inner calm through meditation, or elevate your business with a wellness-focused strategy, I provide personalized support to help you reach your goals.

My goal is to empower clients to live healthier, more fulfilling lives by creating balance in all areas—body, mind, and business

