



Rachel Costello, C-IAYT, ERYT500, RCYT, RPYT, YACEP, Executive Director, Yo Re Mi, Certified Yoga Therapist

Rachel Costello is a yoga therapist certified by the International Association of Yoga Therapists and the Yoga Alliance. She specializes in yoga and mindfulness for children and families with a focus on prenatal, postpartum, yoga nidra and trauma-informed practices. Rachel trained at the Kripalu School of Integrative Yoga Therapy. She also studied at the The Dharma Yoga Center, Sivananda Yoga Vedanta Dhanwantari Ashram in India, and at Integral Yoga Institute in NYC.

**HEALTHY LIVING |
WELL-BEING**

March 23, 2023

Keynote

8:30-9:30 a.m.

As the Co-Founder and Executive Director of Yo Re Mi, Rachel works with schools, educators and early childhood professionals to bring music, yoga and mindfulness to young children all over the world. She is an artist, singer, and performer and loves incorporating dance, theater and music into her classes. Rachel has been teaching both adults and children since 2005 and, as a mother of two, especially loves sharing the benefits of yoga and mindfulness with women, children and families.

