

Alexa Hanshaw

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Northeastern University 2015

BS International Business

mindbodygreen trainings

Functional Nutrition Coach

AFAA

Group Fitness Instructor

Chakra Flow University

Yoga Alliance

200 RYT

Continue Education:

- Yin Yoga certification
- Breathwork & meditation,
- AFAA mental toughness
- American Red Cross
First Aid/CPR/ AED

Passionate Certified Functional Health and Nutrition Coach whose mission is to empower womxn to become the CEO of their Stress.

Alexa combines her background in corporate America with her expertise in functional nutrition, fitness, yoga, breathwork, and meditation to promote improved stress management and overall health in clients.

CORPORATE ENGAGEMENTS:

- Let's Stress Less Program.
- Restorative Yoga Class
- Sunrise Yoga Class