

# ASHLEY SPERBER

## HEALTH COACH/YOGA INSTRUCTOR



**Ashley** is a **Yoga Instructor, an intuitive health coach** and a **chef** that inspires her clientele to **achieve balance** through **mindful nourishment**. In her practice, Ashley combines her skilled training along with her developed intuition to create personalized programs that facilitate her client's **transformations**. Outside of her practice, she curates and hosts **integrative wellness workshops, plant based cooking classes** and educational speaking engagements, utilizing her diverse breadth of healing modalities.

Ashley earned a Bachelor of Arts in Sociology and Hospitality Management at the University of New Hampshire, followed by her continued education at the Institute for Integrative Nutrition. After acquiring her Integrative Nutrition certification at IIN, she was then certified in Western Herbalism, Reiki, and Emotional Freedom Technique at the NY Open Center. Ashley also obtained a certification in Aromatherapy at the NY Institute of Aromatherapy, and earned her 200 hr RYT vinyasa yoga certification.

She believes that once we break free of the holding patterns we confine ourselves to, we can live a freeing and fulfilling existence with ourselves and each other.