

## Cory Perez-Wielinga

Cory has been an educator for more than 20 years. She found that doing yoga helped her balance her mind and body and brought balance all around her as she taught math at a secondary school in El Salvador, Spanish at a secondary school in Sri Lanka, and founded and directed an ESOL international nursery school in Cambodia.

Cory combines her Master's Degree in Early Childhood Education, Bachelor's Degree in Science with a minor in education, Secondary School Math teaching degree, and certification as a Radiant Child Yoga Instructor to create educational experiences that offer a playful approach for her students to learn ways to breathe and move their bodies to produce a calmer inner self and therefore a calmer outer self, without even noticing all the work they are putting into it. She especially enjoys using songs and music so that exercising is fun and the yoga cycle of connecting mind and body is complete.

Cory enjoys her time with her husband and two boys, including volunteering at the boys' schools and in her community.

Certifications: RCY Level 1-2 (2016); MA ECE

