



# Catalina Ochoa

*Specialist in Bilingual Education  
Certified Yoga Instructor*

## **Specialty Areas:**

- Educator Wellbeing
- Conscious breathing for Educator Wellbeing
- Conscious Breathing with Kids to Regulate Emotions
- Dynamic Cells of Learning in Second Language Acquisition
- Second language acquisition

## **Experience:**

- Specialist in Bilingual Education
- Spanish Language Acquisition Educator
- Co-coordinator of World Languages Department
- English Language Acquisition Educator
- Certified Yoga Instructor
- AASSA and Schools Conference Presenter

## **Philosophy of Consulting**

Life's journey isn't always straight. As a young successful lawyer, I realized that companies and family's conflicts were mostly, if not entirely, about money or material goods. At that moment, I felt the need to make a shift in my own journey, become an educator and be part of the change in consciousness that our world urgently needs: Getting to know who we really are and opening our hearts to unconditional love.

## **Fun facts about yourself**

I'm in constant awe of nature. I love plants and herbs and constantly learn about their amazing healing powers.

## **favorite quote**

"Your vision will become clear only when you look into your heart. Who looks outside, dreams; who looks inside, awakes." Carl Jung