



# Yogini Nicole Petroff

THE YOGA PATH TRANSFORMS EXECUTIVE DIRECTOR

THE CHAKRA EXPERIENCE CO-DIRECTOR

CERTIFIED YOGA TEACHER

HOLISTIC HEALTH EDUCATOR &  
CHAKRA BALANCING CONSULTANT

REIKI MASTER PRACTITIONER

RELAXATION THERAPIST

*Nicole's mission is to provide others with opportunities for real healing that go beyond the limitations of western medicine by incorporating aspects of yoga, metaphysical practices, and holistic wellness education.*

She offers Private Sessions / Consultations, Classes, Workshops & Retreats in the following:

- Reiki Energy Therapy
- Relaxation Therapy
- Sound Healing therapy
- Holistic Wellness Education
- Chakra Education Balancing & Coaching Services
- Meditation
- Gentle Yoga
- Restorative Yoga
- Chair Yoga
- Yogic Sleep/Yoga Nidra
- Flow Yoga
- Chakra Yoga
- Stress Reduction Education & Practices

Nicole's journey into the practice of yoga began in 1996. After her first class, she realized that yoga had a calming effect and she felt better physically and mentally. Subsequently, yoga became a huge factor in the healing of a disease. (diss-ease).

Nicole holds a Bachelors of Science degree from Buffalo State College in Earth/Environmental Sciences and is a former Environmental Scientist/Geologist, and Executive Assistants. She is now the director of The Yoga Path Transforms, co-director of The Chakra Experience, Event Planner, Entrepreneur, 250+hr Certified Yoga Teacher, Certified Usui Shiki Ryoho Reiki Master Practitioner, Relaxation Therapist, Certified Holistic Wellness Educator, and Chakra Balancing Consultant and Coach, Workshop and Retreat Facilitator and Planner.

She is influenced in a variety of different yoga styles and has trained in Sampoorna Yoga Teacher Training at Sivananda Vedanta Center with Yogi Hari; Restorative Yoga and Yoga Nidra Teacher Training at Kripalu; Chakra Yoga Teacher Training with Anodea Judith; Flow Yoga Teacher Training at Evolution Yoga, with Cyndi Lee of Om Yoga, and Twee Merrigan Rasa Vinayasa; Sacred Centers Certification with Anodea Judith; Reiki at Lifes Gifts Unfolded; Certified Integrated Holistic Wellness at SUNY Fredonia; and is in the process of taking Yoga Therapy Training for Cancer and Serious Ill patients.