

KARYN CARDOSO



WHITE BELT 2012 • BLUE BELT 2013

I come from a background of dance, music and art, and my interests lie in philosophy, science and spirituality. I love nature and children!

I danced since I could walk and pursued all styles of dance and movement growing up. I played the piano and painted ever since I can remember – coming from a musical and artistic home.

Motherhood has been my main vocation and I have raised three beautiful children... and many pets since 1992. My children have taught me my most valuable lessons and led me to wonderful places. My natural progression was to become a Waldorf Kindergarten teacher in 2006 and have taken some interesting directions since then...

My philosophy is that by connecting through love and joy to OURSELF and to EACH OTHER, we can build a meaningful, happy life and a wholesome community. My passion is to share Nia – the dance of life - with everyone as it connects us to our essence, bringing joy, fitness and healing on all levels.