



Bryn “Wolf” Cartwright has been a student of yoga all of her life, studying primarily meditation and self-realization under the teachings of Paramahansa Yogananda.

“I am an avid observer of life and the cosmos, fascinated by how we’re created, and constantly searching for the spirituality in all life-experiences.”

Besides the Long Beach Fitness Center, Bryn also leads classes at Ja Yoga and L.A. Fitness. Her repertoire includes Hatha, Sadhana, and Vinyasa Flow yoga, but her favorite teaching element is balance. “Not just balance of the body, but of how we use our energy. I enjoy taking people really deep within themselves; though more often I’ll lead flows where people can lose themselves in movement and breath.”

She enjoys ‘other-worldy’ music, but occasionally you’ll hear some house music, Sigur Ros, Ravi Shankar or Donna De Lory. “If I have a very fiery class with intense personalities, I love the opportunity to play Tool and Incubus.”

Bryn also studies music, primarily opera. Her vocal studies began in Vienna, Austria and she now trains in Long Beach. If you’ve been lucky enough to hear Bryn’s beautiful voice chanting at the end of Savasana (final resting pose), you already know she sings like an angel! And as an opera-singer, she teaches with a very strong emphasis on breath. “I know that most people never learn how to REALLY BREATHE!”

Her other joys include making jewelry, astronomy, music recording and music composition. When she finds some spare time, she loves beaching it with the dogs, fire-dancing, writing poetry and sailing.

During her classes Bryn likes to say “Right now is all about you; I give you complete permission to be selfish.” In life she likes to remember her favorite quote from Dan Millman: “There is no ordinary moment.”

