

Dana Damara

लोकाः भवन्ताः सुखिनो भवन्तु

*It's a yoga
practice,
not yoga
perfect.*

Dana Damara
EVOLUTION



Journey with me

OFFERING IMMERSIVE GLOBAL EXPERIENCES

Dana works with individuals, private groups and corporations all over the world. She is a Master Teacher, an accomplished Speaker, Published Author, Retreat Leader, Sound Healer, Corporate Wellness & Embodiment Coach, an Apothecary, and an Astrologist.

Let's work together and offer something exquisite

About Dana

Dana offers transformational experiences that inspire adventure beyond the ordinary and into a world of self-discovery and evolution. Through a blend of transformative modalities and global adventures, Dana empowers individuals and groups to refine, align, and expand into the fullest expression of authentic living. Join Dana and embark on a journey that awakens the spirit, inspires deep connection, and supports others in embracing a life of purpose and vitality.



DANA IS KNOWN FOR

- **Accredited Trainings:** Hosting fully-accredited trainings in yoga, breathwork, and sound healing.
- **Immersive Experiences:** Facilitating immersive yoga, sound healing, and breathwork experiences.
- **Retreats:** Leading 4-5 national and international retreats annually for groups of 10-20 people on each adventure.
- **Corporate Wellness Days:** Guiding custom tailored wellness events for corporate clients.





MY MAGIC

Breath, movement, mindfulness, sound, astrology, and essential oils are the core modalities of Dana's practice, serving as powerful tools to help others envision, empower, embody, and ultimately emerge as their true selves.

Based in Southern California, Dana travels the globe sharing her profound knowledge and wisdom through a deeply spiritual and physically empowering practice.

the Modalities





SOUL MEDICINE

Dana's Offerings

- 200-hour & 300-hour Yoga Teacher Trainings
- Sound Healing & Breathwork Trainings
- National & International Yoga & Breathwork Retreats
- Corporate Wellness Programming
- Virtual Classes, Postural Clinics, Meditations
- Envision Lifestyle Coaching
- Reiki & Shamanic Healing
- Astrology Readings
- Soul Medicine Podcast
- Apothecary & Essential Oils
- The “I AM” Product line and more



YOGA

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TRAININGS

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RETREATS

[Learn More](#)

SOUND HEALING

[Learn More](#)



As seen in

PUBLICATIONS

"Dana is a true leader, a tremendous source of knowledge, dedicated to helping each of her students find their truth, and their calling." - Dior





Testimonials

"Dana is one of the most authentic & connected teachers I've ever worked with. Her dedication and heart-centered offerings are inspiring and it is clear she lives her yoga on and off the mat. I would recommend her as a teacher and mentor to anyone who is looking to deepen not only their yoga practice, but also their relationship to themselves and the world."

– Beth

"I graduated Embody Truth Yoga Teacher Training and it was sincerely one of the greatest experiences of my life. I deepened my practice and became more immersed in the teachings of yoga, which has evolved my personal practice, how I teach, and how I live. I also met some of my most favorite people through this program."

– Rachel

[read more here](#)



LET'S COLLABORATE

Get in touch



DANA DAMARA



Dana Damara Evolution

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