

Claudia Micco



## Claudia Micco

Claudia Micco has been in the health and fitness industry for over 35 years. She was introduced to the fitness world as a result of a car crash in her teens. She found her recovery PT fascinating and the resilience and self-healing capacity of the human body inspiring. A lifelong curiosity was born from that accident; Claudia has been following it ever since.

Claudia's student mindset and eagerness to understand, know, and experience true health led to studies and certifications in yoga, Pilates, bioenergetics, hypnosis, massage, Feldenkrais, bioenergetics, Tai Chi and more. She's been a Senior Trainer and content provider for YogaFit Inc since 2000, holds her ERYT 500 through both the Yoga Alliance of USA and Australia and is ACE-certified.

Claudia teaches from deep personal experience. Her commitment to her student's success led her to explore the mind/body connection long before the mind/body approach entered into the fitness world. Curious about why some of her most sincere students were not achieving their health goals, Claudia discovered the missing link—health from the inside out in the form of positive self-talk! Her signature breakthrough process, HypnoFitness, is the result of her exploration and 250 hours of study in self-hypnosis.

Today Claudia brings HypnoFitness to her life-changing multidimensional classes. She also teaches HypnoFitness and Trauma Sensitive Fitness training to health and wellness professionals worldwide as an ACE provider.

Claudia's depth of education and range of experience make her an in-demand speaker, presenter and frequent talk show guest. When she's not teaching her own students or coaching other trainers, Claudia hangs out on Maui with her cat Timmy where they like to take in the incredibly beautiful Hawaiian sunsets.

