

Lizzy Chiappy is a Miami native who has always led an active lifestyle, which drove her to a career in the health and fitness industry in 2010, while completing her MBA through Florida International University. Lizzy is certified as an E-RYT 500-hour yoga instructor through Yoga Alliance and Pilates instructor through Polestar Pilates and The Pilates Method Alliance. Lizzy also founded MYP Athletes TM (previously called Yোগalete), a prescriptive mindfulness, yoga, and pilates program for athletes of all ages and all levels. In addition she co-founded Casa Vinyasa Yoga Studio in South Miami, alongside Melissa Echeverria. Lizzy has also recently taken an 85 hour Pre-Post Natal Yoga Certification Course, and is looking forward to expanding her knowledge and experience in this realm of yoga. Lizzy served as a lululemon athletica ambassador for the Coral Gables, FL community from April 2016- August 2018 and is so excited to be an ambassador yet again starting July 2020.

Lizzy looks forward to expanding her community, keeping up a high vibration, and empowering anyone and everyone to move past doubt, fear, and perceived limitations. Lizzy knows first hand how powerful and impactful the practice of yoga is, and has since focused on spreading the practice of yoga through teaching classes/events and facilitating teacher trainings.