



Ms. Emily

Emily Pareti is a 33-year-old Jersey girl, proud mom of two and wife to her high school sweetheart. Her love for movement, health, and wellness has been a constant throughout her life. Emily grew up dancing competitively and trained extensively in acro, tumbling, gymnastics, jazz, hip hop, contemporary, lyrical, musical theatre, and ballet. She went on to teach acro for 10 years at her former dance studio—and is thrilled to return and teach again in the summer of 2025.

Emily earned her Bachelor's Degree in Communications from Rutgers University, where she also danced on the Rutgers University Dance Team. During her four years on the team, she competed at UDA Nationals in jazz, pom, and hip hop, and in her senior year (2014), she also competed with the co-ed cheer team.

From 2014 to 2018, Emily lived in Makaha, Hawaii, where she was first introduced to yoga at Kahumana Farm in Waianae. Her practice deepened significantly during her second journey with Hodgkin's Lymphoma in 2017. Yoga became a powerful tool for healing—physically, mentally, and emotionally—teaching her to be present and grateful for life's smallest moments. She began with Bikram yoga and expanded her practice through various online courses, exploring many styles and approaches.

While in Hawaii, Emily also held a real estate license and coached children's gymnastics, always staying connected to movement, teaching, and community.