



Anthony Chavez is a trainer, coach, and a professional speaker with Freedom Personal Development and Studio Manager of Corepower Yoga in Irvine. During his time at Freedom, Anthony was introduced to yoga and the transformative and life-changing power of the practice of yoga. He believes yoga is the physical embodiment of personal and spiritual growth. His purpose is crystal clear: To help everyone to live a life of purpose and fulfillment while allowing their highest and truest form of self to shine bright. Anthony's first love was baseball, which he played throughout high school and college and continues to play today. As a baseball coach, he has helped propel his players into collegiate and professional levels of the game. Through his work as a yoga teacher, coach and personal development instructor, Anthony inspires, motivates and gives guidance to children and adults.