

John Cottrell is originally from Oakland, California and moved to Salt Lake City, Utah in 1994 to complete his psychology internship with Valley Mental Health. John is formally educated in clinical psychology having earned a Master of Science and Ph.D. from Pacific Graduate School of Psychology in Palo Alto. His psychology experience includes child and adolescent psychotherapy, drug and alcohol treatment, psychological and neuropsychological testing, and group/couples therapy.

John has always been fascinated with fitness and became devoted to this lifestyle in 1999. While still working as a psychotherapist, John taught fitness classes ranging from weight lifting to hip hop dance aerobics in a gym setting. John added yoga to his fitness routine in 2000. He has been able to use his education in psychology and devotion to fitness and yoga to understand and offer the benefits of a body and mind connection.

As a certified yoga instructor (RYT 500), personal trainer, and sports nutritionist, John offers a variety of ways to create healthy living. He now teaches a variety of yoga classes in the greater Salt Lake City area. John started his own business, mbody, in 2008 and offers Yoga Life Coaching, Nutrition Coaching, Personal Training, private and group yoga lessons, workshops, and retreats. He even started a men's yoga clothing line ([mbody.com](http://mbody.com)).

John's Power Yoga classes are challenging yet inspiring. You never know what to expect in one of his classes, but you will feel supported and nurtured as he guides you and motivates you through yoga sequences. John has a way of making you feel strong, capable, and successful in each of his classes.