



Stella Artuso

Stella Artuso MPH, RYT
Menstrual Cycle Coach & Somatic Educator

Stella is a multi-passionate human who's been intrigued by the wisdom of the human body and holistic ways of living ever since she was a child. Always curious and

open to learning (and un-learning), Stella has had a colorful career that includes exercise therapy, health promotion, yoga, coach and somatic education.

Today, Stella works closely with women who desire to love and accept their WHOLE selves. As a Menstrual Cycle Coach & Somatic Educator, she guides women to reconnect to the natural phases of their menstrual cycle, reconnect to their body's intelligence and nourish their nervous system through trauma informed somatic practices. Stella works with women both privately and in group containers, which fosters connection to Self and sisterhood.

Stella's work is the result of over 15+years of personal and professional experience that merges science and the sacred.

Qualifications:

- Masters in Public Health (MPH)
- Bachelors in Exercise Science (B.Sc)
- 1000+h RYT (hatha, yin, restorative, tantra yoga)
- Somatic Erotic Educator Certification (Trauma informed)