



# NATALIE D'AZZO

**UCI Wellness & Peer Educations  
Program Manager**

**Natalie D'Azzo** is a passionate wellness educator and self-care advocate. She became a certified yoga instructor in 2009 and has been teaching yoga and meditation ever since. For the last 6 years, Natalie has worked in higher education, teaching wellness workshops on many topics such as stress management, self-care, time management, nutrition, and mindfulness. Before finding her place in higher education, Natalie worked in yoga studios, spas, gyms, and for corporate wellness programs as a yoga teacher, licensed massage therapist, and health educator. Natalie works at the UCI Center for Student Wellness & Health Promotion as the Wellness & Peer Education Programs Manager and holds a M.S. in Sport and Exercise Science with a concentration in Nutrition.