

# Faces Of New Bedford #147: Kayla Mederios

Meet Kayla Mederios, 27-year-old Occupational Therapy Assistant, Applications Specialist, and Buti Yoga Instructor.



Growing up Kayla always struggled to maintain weight, fluctuating up and down into her mid-20s. After graduating from BCC and she began her career as an occupational therapy assistant, which was inspired by working on an Alzheimer's unit as a CNA and wanting to help people even more. She quickly became good friends with her co-workers, who inspired her to begin her fitness journey.

Along that road, she lost 75 pounds by incorporating weight training and eventually Buti Yoga. She was introduced to Buti Yoga at a class and then began regularly attending classes at Motion Dance and then at Ritual Yoga Studio. It was her instructor, Tara, who inspired her to take it to the next level and after a year of attending classes, she took her certification test in June of 2017.

Since receiving her certification she has begun teaching classes at Supreme Perfection Dance studio in Fairhaven and Gotta Dance Studio in New Bedford. She is glad that she has been able to take the inspiration from her friends to not only

transform her own life but utilize it to transform the lives of her students. She is also planning on getting her Buti Sculpt certification this June, which is a HIIT (High-Intensity Interval Training) version of Buti, using poses in between exercises.

*"No matter how long the journey takes you're always one step closer to your dreams."*

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*Faces of New Bedford is a project by Colton Simmons. If you are interested in booking a shoot or getting prints from the series email all inquiries to [colton@coltonsimmons.com](mailto:colton@coltonsimmons.com).*

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