



**MICHAEL
CASERNO**

MICHAEL CASERNO'S BIO

Michael Caserno, founder of podcast **Breathe N Bounce**, is a certified **yoga teacher** and **mental health advocate** dedicated to helping individuals **overcome challenges** and **reconnect** with their true selves. His yoga journey began in 2016, and during a difficult period in his life, he discovered its **transformative** power. This experience sparked his **passion** to share yoga's healing benefits, particularly with those feeling stuck or overwhelmed.

Michael has built an **inclusive community** focused on **self-discovery** and **personal growth**. His teaching blends **compassion**, **mindfulness**, and **empowerment** to help students create meaningful change.

In addition to teaching locally at **Dundee Township Park District** in Carpentersville, IL, Michael hosts a **weekly radio show**, offering practical tips and encouragement for a balanced, fulfilled life. His approachable style makes yoga accessible to all, supporting students in finding stress relief, fitness, emotional **balance**, and a deeper **connection** with themselves.

AS SEEN IN



Dundee Township
Park District

BREATHE; BOUNCE



TESTIMONIALS



“I have co- facilitated events with Michael and it was a very **enjoyable** experience. Michael is **humble** and very **devoted to healing** and **personal growth**. He **works hard** on self improvement and **lives by example** that you can always choose a healthier lifestyle and state of mind. His events are always very **well organized** and thought through. He puts his **heart and soul** into what he does.”

Treya J

“Michael’s **passion** for Yoga shines so **brightly** in his classes! He has a **genuine interest** in his students, wanting them to do their best and be their best!! He **welcomes everyone**! He is a **valuable** asset!”

Pam E

“I attended a couple yoga classes with instructor Mike Caserno and it has been a **great experience** overall. His teaching style is incredibly **clear** and **supportive**, making complex poses accessible for all levels. The atmosphere in his classes are always **welcoming** and **peaceful**. Mike has a wonderful way of making everyone feel **comfortable** and **motivated**. I would **highly recommend** his class to anyone looking to deepen their yoga practice.”

Bree L



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BOOK MICHAEL

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