

ANA GABRIELA HINDELANG



Ana Gabriela was born and raised in Costa Rica to a German mother and USA father – we can say she is fully multicultural and bilingual (English, Spanish). Ana has a deep connection to Aspen and the RFV, she spent her summers in Aspen and lived in the Valley while she worked in solar energy. Growing up in Costa Rica, Ana had the opportunity to be close to Nature and roam and explore freely. Naturally, Ana became fascinated with Nature and went on to pursue a BS in Biological Sciences. She also has a postgraduate degree in Interdisciplinary design from the George Brown School of Design.

Ana is passionate about health & wellness because this was her first transformational process. Although she grew up being active and healthy, at 16, Ana felt the pressure of staying within the high school popular group and succumbed to drinking as well as obsessing over her body. The former led to a full-blown eating disorder, which she has struggled with for over 20 years. After two years, she realized her lifestyle habits were leading her to a well-known path in her family, alcoholism, so she decided to stop drinking, seek a nutritionist, and begin moving! Ana focused on sports and Ashtanga yoga. She is an avid athlete and enjoys hiking, mountain biking, trail running, and mountain triathlons (Xterra). Ana went on to complement her passion for sports with yoga and mindfulness. She is a certified yoga instructor and doula.

Transformational processes are something Ana is familiar with and welcomes, especially these past two years since she has been going through the biggest one thus far. She is a firm believer that transformation happens when we are able to quiet the noise around us and come back to our center.

“We all possess within ourselves at every moment of our lives, under all circumstances, the power to transform the quality of our lives.” – Werner Erhard

