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Business Spotlight

Successful Pleasanton Entrepreneur and Owner of Yoga Barn of Pleasanton Shares Her Secrets to Success

What does it take for a woman to become a successful entrepreneur in Pleasanton? Moji Tehranian, owner of the Yoga Barn in Pleasanton, California is sharing her secrets to success and inviting local women entrepreneurs to Aerial Yoga for High Flying Women, a special free event on January 12, 2020, where women can share their success strategies while they explore inner peace and healing. The event will include 30 minutes of introduction to the aerial hammock and 30 minutes of discussion and sharing. To register, call the Yoga Barn of Pleasanton at (925) 640-2737.

Moji knows what it takes to succeed—Yoga Barn of Pleasanton is



Moji Tehran, owner of the Yoga Barn, says yoga has given her the ability to stay centered and operate from a place of mindfulness.

her third entrepreneurial venture in Pleasanton. After only one year in business, she has 12 instructors and is the only place in Pleasanton that offers Vinyasa in heated and non-heated rooms, aerial fitness and yoga, and Barre.

"It all started a year ago with a vision and a desire to give back to my community in a meaningful way. I'm a big believer that you can be and do anything you set your mind to, but I've also experienced the stress that comes with owning my own businesses. Yoga has given me the ability to stay centered and operate from a place of mindfulness, and I look forward to sharing that with other women in Pleasanton. I'm also eager to learn from them and create a supportive community."

Before she opened Yoga Barn, Moji pursued fitness as an elite personal trainer and bodybuilder. "I've always loved movement and fitness, but when I discovered yoga, I found it fulfilled something deeper inside of me. When I was ready to open my own studio, I knew the location I wanted—the Kottinger Barn."

The Kottinger Barn is on the National Registry of Historic Places.



Women entrepreneurs are invited to Aerial Yoga for High Flying Women, a special free event on January 12, 2020 to share success strategies and explore inner peace and healing.

It was built in 1852 and is one of the few surviving adobe barns in California. "The building has always intrigued me, ever since the 1990s," said Moji. "The first time I walked inside I knew that it was a space I was meant to grow in."

Yoga Barn of Pleasanton is located at 200 Ray Street in Pleasanton. For more information about other classes and programs, visit www.yogabarnofpleasanton.com or call (925) 640-2737.