

Maya Mistry, RYT

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Innovative ❖ Encouraging ❖ Effective Communicator ❖ Ethical ❖ Meditative

Profile

I found yoga during a very demanding and stressful time in my life. Yoga has provided me a feasible way to balance my life in all senses, while maintaining my role as a corporate professional. My decision to teach yoga stemmed from wanting to provide a way for students to embrace yoga on the mat and how it can transcend beyond the mat into daily life.

My Philosophy

Encouraging the personalization of a practice is important to me even in a group environment. It is my aim to provide a safe place, where students can find space within themselves to deepen, relax and find their center. The mode of each class focuses on breath initiated movement, technical precision of alignment and foundation, while encouraging students to foster individual creativity and personal expression – all in a fun light-hearted manner.

Being organized, a strong communicator and driven are essential components of my corporate job. For teaching yoga I have the same commitment to my students, and strive to help each individual journey toward their yoga goal.

Teaching Style

I have had exposure to many different modalities over my yoga years. I do believe all practices have their place in yoga; however I have found my home and teaching style in Hatha Yoga, cultivating the balance of body and mind, through breath initiated movement, while encouraging stillness of each center.

Experience

I have experience in teaching private individual classes, therapy and small groups (<15 members is ideal). My classes are accessible to beginners, while also challenging for intermediate students, with individual attention paid to each student.

Qualifications

- ❖ Graduated Yoga Alliance Teacher Training 200 hrs, Yoga Veda, Colorado – May 2010
- ❖ Attended classes/workshops at Yoga Journal, Estes Park, Colorado – September 2010
- ❖ Participated in Swami Dr. Dharmakeerthi workshops, who received her Yoga training from Swami Satyananda Saraswati at the Bihar School of Yoga - 2008 and 2009
- ❖ Continued online education with founders of Svastha Yoga since 2011

Professional Experience

Senior Systems Analyst	2008-Present
IT Consultant	1998-2007

Formal Education

Bachelor of Science Honors Degree, Business Information Technology, Kingston University, England
1997

References available on request