

### **How did you get started doing this type of work?**

I was chosen and apprenticed closely with my teachers, was entrusted to teach rather large groups of people right at the start, train teachers of all levels, and provide yoga therapy for complex physical and mental health conditions. I also organized international seminars and interpreted with guest swamis from India, published a teacher manual, translated swamis' teachings from English into my native languages, and more.

### **What advice would you give a customer looking to hire a provider in your area of work?**

Whether an individual, a business or an institution, Customer Beware! Injuries in yoga classes have been on the rise exponentially in the U.S. since commercial yoga studios started mass-producing minimally trained "teachers". A lot of unsafe and purely gym-like "yoga" is everywhere, and sadly a lot of hype, no knowledge of what meditation is etc.

Satyananda Style Yoga and Meditation we teach takes care of, educates and nurtures the whole person. Our teachers are highly trained, safe and know how to teach meditation.

### **How does your service stand out?**

People have sought my services during challenging times in their lives as well as happy times and celebrations. Yoga and meditation I teach has helped families and couples learn how to meditate together and stay together, people going through divorce, the grieving, terminally ill, patients in cardiac and other rehab, patients preparing for difficult surgery, Olympic and other athletes, adults, teens and elementary school children deal with anxiety, children and teens with cancer and other health conditions, ICU nurse and other healthcare professionals manage stress during COVID times, and much, much more.

Satyananda Style Yoga and Meditation I teach is an authentic and comprehensive system therapeutic by design, supported by published research and other works available in many languages. It has programs for all ages and health conditions, and has served humanity well worldwide for over 50 years. It is ***Real Yoga for the Real People***.

### **What do you enjoy about the work you do?**

I get to work with people of all ages, walks of life, and organizations of all sizes and help improve people's quality of life: health and well-being. I am deeply grateful for that.

### **What kinds of services do you offer? What kind of programs do you teach?**

Private Yoga Therapy and Meditation by appointment for adults and children for anxiety, depression, all health conditions and personal growth; Yoga Teacher Certification RYT200, RYT300, and RYT500; Workshops and 1-Day Retreats in Ann Arbor; 3-Day Retreats at the Vivekananda Retreat Center in Ganges, Michigan; On-Site or At Our Site Corporate Wellness Programs, Speaking Engagements, and more. For more information and to register, please visit **[www.YogaAndMeditation.com](http://www.YogaAndMeditation.com)**