

I took my first yoga class in the spring of 1984, i was 19. My teacher was Claudia Rovere and her teacher was Gabriella Cella Al-Chamali. I continued to have classes with Claudia until 1997 and then, because of work conflict, i continued my practices and studies by myself.



From Claudia i learned Hatha Yoga in the tradition of Sivanada and Krishnamacharya. In 1991, with Claudia, i began to study and practice a therapeutic, emotional healing approach continuing to follow the teaching of Krishnamacharya.

Krishnamacharya's approach was introduced to us in 1991 by Claude Marechal, a direct disciple of Krishnamacharya. Since then i continue my practice and studies following this tradition. During these years, 1991 to 1997, i began to teach.

In June 2002 i received a Yoga Teacher Certificate through the 200-hour Yoga Teacher Training "Living Yoga Program" in Austin TX and became a Registered Yoga Teacher through Yoga Alliance.

I am continuing to study and explore through practice the yoga teachings of Krishnamacharya, Paramahansa Yogananda, Subramuniyaswami and Patañjali. Since May 2003 i have been studying intensely the *Yoga Sūtra* of Patañjali and learning to chant them in sanskrit.

In 2003 i attended two seminars with Gary Kraftsow/AVI-American Viniyoga Institute, a direct disciple of Krishnamacharya and T. K. V. Desikachar. I found these seminars so inspiring that i have decided to complete the 500-hour American Viniyoga Institute's Teacher Training Program. In January 2005 i began studying with Gary and Mirka Kraftsow/AVI-American Viniyoga Institute to continue my work with yoga as a therapeutic medium. In July 2006 after completing all the requirements succesfully i received the Viniyoga Instructor Certificate.

### **Teaching experiences**

- Autumn 2002 - February 2003

Hatha Yoga weekly class at Cycle 360, Austin TX

- Autumn 2002 - July 2003

Gentle Hatha Yoga weekly class at the "Sai Baba Temple" of Teresa Anderson, Austin TX

- March 2004 - August 2006

Relaxation/Meditation weekly class at the Health Center of Apple Computer, Austin TX

- some substitutions of Hatha Yoga classes for Donna Belk, Austin TX and YogaAway for the Hyatt Resort in Bastrop, TX

### Teaching approach

My approach is intended to support the students in:

- letting go of daily preoccupations
- getting in touch with the physical body
- feeling their feelings
- becoming aware of their subtler energies
- reducing physical/mental/emotional suffering

Also it's intended to help them relax and focus.



The benefits that students can expect from my approach are:

- stress reduction
- more presence of mind
- more concentration
- clearer perception
- calmness of mind and emotions
- balance of body, mind and spirit

This approach necessarily involves the body, mind and spirit and because it does i use a range of practices including postures (*āsana-s*), breathing exercises (*prāṇāyāma*), chanting, *Yoga Nidra* and teachings from the *Yoga Sūtra* of Patañjali.

I normally listen to the students and adapt my classes to their specific needs.

The overall result is a deep relaxation accompanied by a keen awareness of the present moment. The class is suitable for everyone.

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