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My first experience with yoga was in 1986, in a college PE course; but it wasn't until 1995 when yoga started to become an essential part of my life. After being injured in a car accident and trying all types of physical therapy, body massage and pain management, I discovered the curative nature of yoga and became a believer in the ancient wisdom of Ashtanga Yoga, the eight-fold path of yoga.

Previously, I worked as a business consultant for the 'Big 4' professional services firms in San Diego, Chicago and finally in Houston. Along the way I opened up my own business, as an economic development consultant. In 2005, I was truly fortunate to begin my Hatha Yoga teacher training at the sacred Temple of Kriya Yoga in Chicago, IL. It was then when I began my new passage in life, dedicating two years to building my practice (tapas), self-study (svadhyaya) and inquiry into the spiritual nature of life (Isvara Pranidhana). In 2007, I expanded my teacher training and received my second 200-hour Yoga Alliance teacher certification with Lex Gillan of The Yoga Institute in Houston, TX.

My mission is to create total body wellness centers, which bring people together for yoga, health, community and service. I have been exposed to so many wonderful yoga styles and teachers all over the world, and it is this beautiful collage of yoga that inspired me to create a studio, which reunites the various branches of yoga into one tree of knowledge.

After taking one year "off" from working, and contemplating what I would choose as my next playground, the idea of forming a yoga/wellness center began to take shape. In 2009, I opened Ekam Yoga Center in Atascocita, TX, one of the fastest growing communities in America. We made Ekam unique by starting it off as an Eco-friendly studio and offering a variety of yoga classes, so as to serve the different needs of the community we serve. We are growing into a broader 'Alternative Fitness Center', offering new and fun classes such as: Zumba, Hoopnotica and Belly Dancing. This studio is a healing space, where people can come to heal the body, still the mind and revitalize the spirit.

I have a B.A. in Economics from Cal State Long Beach, and a Master's in Urban and Regional Planning from Cal Poly Pomona. I am also a Certified Economic Developer (CEcD). On my wellness path, I am currently working towards my 500-hour experienced yoga teacher's certification and am training with Dr. Deepak Chopra and Dr. David Simon to become a Perfect Health (Ayurveda) consultant. My training with The Temple of Kriya Yoga continues, as I am pursuing a teacher's training program in Meditation.

*"Truth is the shortcut to the inevitable" – MaggieG*