

## A Modern Day Yogini and Teacher

Maya Breuer is a certified yoga teacher, writer, workshop and retreat presenter. She presents and teaches on a range of topics that use yoga as a starting point to introduce the benefits of various holistic practices that positively impact health and well being.

The creator of the Yoga Retreat for Women of color Maya offers this program several times per year throughout the United States. Though the daily practice of yoga, creative activity, relaxation and sharing participants learn to relax, and renew and introduce healing practices for health into their lives.

Maya has been interviewed by many publications: Essence Magazine, Ebony Magazine, Heart and Soul, Philadelphia Inquirer, Black Women's Health She has been featured in Pathfinder's Magazine, Coiffurium magazine and YMIB

She has written articles for Context Magazine of UCLA, NE Informer, and Black Women's Health

Maya has been a student of yoga since 1975 when she participated in her first yoga class. In the 1980's she began her practice and study of yoga in earnest at the Kripalu Center Ashram under Amrit Desai. Maya became a certified teacher and initiate yogi of the Kripalu teachings Afterward traveling to India in 1994 Maya became a full time yoga teacher.

### [More about Maya's experience in India](#)

I am an African American Yogini - what does that have to do with Yoga?

My life experiences as an African American woman living in the United States has been the impetus behind my desire to reach out and introduce yoga and its benefits to people of color. A great number of minorities living in this society are challenged by the turmoil of these times. In addition to these stressors that impact the lives of all, we are often burdened with additional stressors resulting from poverty, related illness such as diabetes and obesity, drug abuse, racism, gun violence, etc.

It is my goal to educate people of color about the myriad benefits of yoga and to initiate opportunities for them to learn how to teach and practice Yoga.

In recent years, I had the opportunity to work with members of the Kripalu community; co-creating opportunities for minority men and women to become certified teachers of yoga. And now, thanks to a dedicated member of the Kripalu community, Justin Morrea, we offer a Rainbow Scholarship Fund (visit [www.kripalu.org](http://www.kripalu.org) for information about scholarships and yoga teacher training programs).

I dream of a day when there is a Yoga Teacher of Color in every minority community in this country.