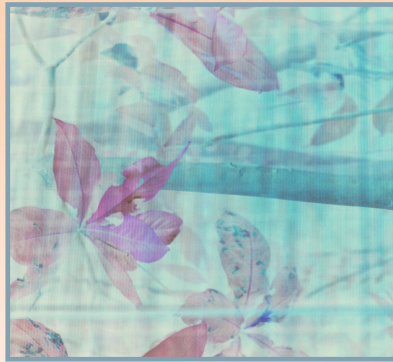


KALYANI KAREN LEVITT



As part of the Integral Yoga Teachers Discussion Panel
KAYLANI will teach a Pranayama (Breathing) Session
Saturday, September 24 @ 12:15pm



**Karen Kalyani Levitt, E-RYT, Level 2 Reiki practitioner,
CPR certified**

Kalyani's classes combine the six branches of yoga so students can experience a complete range of benefits. Certified through Integral Yoga in 1999, she found the training to be transformational. With more focus, acceptance, and awareness, Kalyani wanted to share the benefits of yoga with the community. Many great teachers, Vimala Pozzi, Swami Asokananda, Swami Karuananda, Rachel Preeti Green, Swami Sarvananda, Ram Weiner, and Prahaladan Mandelkorn, have imparted their knowledge and provided inspiration. During 2012 she completed the Mindful Yoga Therapy for Veterans with Suzanne Manafort and Dr. Daniel Libby and is currently studying with Elyse Browning Miller's Yoga for Scoliosis Program.

Kalyani has worked with Vimala Pozzi for many years helping to teach subsequent teachers in the Integral Yoga Teacher Program. She has conducted workshops "Yoga For The Low Back" for students as well as registered teachers so they could receive hours towards their certification.

Her teaching has involved lots of karma yoga, including leading classes at the Bon Air Correctional Facility, teen center at the Northside YMCA, and Virginia Rehabilitation Center for the Blind and Visually Impaired. In 2012, Kalyani taught donation classes to raise money for Off the Mat - Into the World's, Global Seva Project. She is also working on bringing Mindful Yoga Therapy to veterans coping with trauma. By incorporating elements of Raja Yoga in class, she tries to reach the individual on their own terms for as long as it takes to attain the state of Yoga.