

Maureen Shortt, Yoga Director & Nutritionist

With over 20 years in the field of wellness, Maureen brings a wealth of education and experience to the art of healing. She holds a degree in Education and a Master's degree in Nutrition Counseling. She is a Fellow of the American Institute of Stress and a certified yoga instructor in the Svaroopa® style, a gentle and highly therapeutic yoga style. Maureen has also studied Ayurveda, the time-honored yogic science of health, happiness and longevity, for over 20 years. Maureen believes that through living a yogic lifestyle, we can each experience the Bliss that is our true nature.



I always look forward to coming to this class-gentle but very powerful .The pain in my lower back has diminished by about eighty-five percent. I leave class with a calm peacefulness that I can see on my face. It helps me to relax and slow down so that I'm not just in reaction mode. I feel better able to be in my life. Annie Edwards

About 10 years ago I had a biking accident that injured my tailbone. I had to sit on a cushion and an ice pack when I drove. Since doing this yoga I haven't needed either. I also had long-term severe emotional stress that released when my body released. Dee Molner

I am a 911 survivor. Svaroopa® Yoga has done more for me than 3 years of therapy. As I am learning to release the muscles around my spine, I am feeling the release physically, mentally, emotionally, and spiritually. Michelle Wiley