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Maya Yoga • \$19.99 each • 95 minutes • Body, Mind, Spirit / Health & Wellness

Nicki Doane, Instructor

Born on the island of Cyprus, Nicki Doane grew up all over the globe. Her wanderlust led her to India in 1991 to study yoga and became a student of Sri K Pattabhi Jois (Guruji). She began teaching it in 1992 as an authorized teacher of Ashtanga.

Nicki cites Pattabhi Jois, Eddie Modestini, Gabriella Giubilaro, and Tim Miller among her most influential teachers. Although rooted in Ashtanga, Nicki's teaching goes beyond the traditional.

Her classes combine asana, pranayama, philosophy, and poetry. The emphasis is on awareness: creating integrity within each pose that can be carried beyond the mat into daily life. Nicki and her partner have a Maya Yoga studio on their rustic property on the north shore of Maui where they offer yoga retreats and teacher trainings throughout the year.

Nicki emphasises staying safe in poses where injuries might occur, which allows you to deepen and strengthen. To Nicki, yoga is about alchemy and transformation; through the practice, people change and find themselves lighter, confident, and calm.

"I have had the opportunity to watch Nicki Doane practice yoga from an early stage in her yoga life. She has such sensitivity in the practice of yoga that her poses look like a pure expression of love. Once I heard one of my teachers, KP Jois, say to her, 'You, yoga many lifetimes.' This says it all. She is a creative, inspired teacher and a dedicated practitioner."

~ Eddie Modestini

