

MELONIE NAMA Certified (National Ayurvedic Medical Association)
Ayurvedic Practitioner / Educator & Yoga Teacher

Yoga:

- 300 hour Ayurvedic Yoga Specialist Certification with Maria Garre
- 700+ hours of study in Anusara Yoga, ParaYoga & Ayuryoga

Ayurveda:

- 1,700 hours study at the Ayurvedic Institute in Albuquerque, NM

Particular Interests: Teaching, experimenting with new spices, spending time with daughters

Personal Quote: *“Ayurveda has opened my eyes to simple practices that changed my life.”*

Quotes by Students:

“Melonie taught me that simple changes in my life made very big, positive changes in my health and well being.” gb

“My eyes were opened in Melonie’s classes about the little things I was doing, out of ignorance, that were bad for my health and for my family’s health.” jp

Bet you didn’t know: Melonie had a life-threatening illness and that now doctors call her recovery a miracle because of her Yoga and Ayurveda practices .

Bonus fact: Melonie is an established real estate professional and has been helping people buy and sell homes for the last 30 years.

Melonie rediscovered yoga through Marcee Gutman Ballantyne's Fountain of Health Yoga Studio in 2006. After having struggled with Dengue Fever, Lyme disease and chronic stress, Melonie found that yoga helped her to gain energy and a sense of balance that she hadn't felt in years. She is incredibly grateful to the studio for teaching her the "Universal Principles of Alignment", which not only made her feel physically safe, but opened up energy channels and delivered an enormous sense of mental and emotional well-being. In 2014, Melonie experienced another health setback of a life-threatening diagnosis of advanced rectal cancer. While she embraced what allopathic medicine had to offer and has tremendous gratitude for her surgeons, she also explored and employed alternative health approaches in her healing process, namely Ayurveda. Ayurveda is the sister science of yoga and an ancient healing system that promotes health through balance unique to each individual. Through Ayurveda, Melonie has been able to better understand the root cause of her disease and pick up the pieces so that she could heal. Inspired by Ayurveda and needing to know more, Melonie committed to studying full-time at The Ayurvedic Institute in Albuquerque, New Mexico with world renowned Ayurvedic physician, Dr. Vasant Lad. She has over 1,500 hours of training in understanding what Ayurveda is and how to understand health imbalances from an Ayurvedic perspective. In addition to being a Certified Ayurvedic Health Practitioner, she has accrued over 700 hours toward certification in Anusara Yoga, ParaYoga and Ayuryoga through intensive study with teachers Jamie Allison, Cindy Lusk, Patrick Montgomery, Martin & Jordan Kirk ,Rod Stryker and Marie Garre. She has taught at Fountain of Health and CSU-Pueblo. Melonie is deeply honored to share what she has learned with others.