

NANCY CYT

Yoga Teacher

Yoga: 41 years teaching experience

- Yoga Institute of Houston, TX certification
- 18 years of Anusara Yoga study

Particular Interests: Building and sustaining focus and energy in every yoga moment, travel, family and enjoying serving.

Personal Quote: *"I look forward to every new day with gratitude for all my blessings and opportunities."*

Quotes by Students:

"My whole day is better when I attend Nancy's Tuesday morning classes. I feel more energy and balance after every class." dd

"Nancy inspires me to give my best in class with her themes, personal stories, readings and many years of teaching and personal Yoga practice." rp

Bet you didn't know: Nancy was one of the first three Yoga teachers in Pueblo, she was an Associate Professor at California State University and is a professional tarot reader and psychic.

Bonus fact: Nancy is an amazing ballroom dancer and has hiked and snowshoed Southern Colorado's most challenging mountains.

I started practicing Yoga in the 1970's when I was an Associate Professor at California State University. I taught four subjects a semester (10 classes a week), supervised the costume shop and costumed or oversaw the costuming of 4 major and 16 minor productions a year. I was very busy and I had many stressful situations due to deadlines. Liliias Folan the first lady of Yoga on PBS had a program every night at 11PM. I discovered her one night as I was flipping through channels trying to unwind from a grueling day. I had the opportunity to study with her in person when she taught several workshops in Tucson, AZ. She is the Master Yogini who led me to the discovery of Yoga and the path that is now my way of life. Studying with many teachers such as Rodney Yee, Erich Schiffman, Patricia Walden, Shiva Rhea, etc., during the years following my first introduction to Yoga, I found that I was searching for a direction that would help me to find a focus in my life. My search, even though taking many years, led me to the recognition of what I needed in my personal practice and in the teaching of Yoga to others. During this time, I took a course in Yoga Teacher Training and received my Certification from the Yoga Institute of Houston Texas. Then, I met John Friend the Founder of Anusara Yoga. The more training I received in Anusara, the more I knew this is the path for me. The Anusara Philosophy is completely integrated with the affirmation of life and the acceptance of all yoga practices and beliefs. Practicing and teaching the Universal Principles of Alignment in a heartfelt environment has made yoga work for me so completely. I have become healthier and stronger-physically, mentally and spiritually. I applied and was accepted into the certification program with Anusara. I am licensed as an Inspired Teacher of Anusara Yoga. I am now a member of the illustrious teaching staff at the Fountain of Health Yoga Studio. I love teaching at the studio. It is a pristine yoga studio which serves the community in so many ways. The devotion that Marcee and Glenn offer to the studio through their own practice and high standards is amazing. When I enter the studio to prepare for classes I am teaching, it's as if I am entering a sanctuary that is inviting me in because of the loving and caring energy that permeates everything. I am truly honored and blessed.