

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.