



**PAULA SADDLER** RYT-500

After retiring from UNDP, Paula became a lifetime member of AFICS. She has been studying yoga for 10 years and teaching it for three years. She is a graduate of the American Viniyoga Institute's Yoga Therapy Program. Yoga has strengthened her body, enhanced flexibility and balance, and given her the foundation to expand her life.

She loves teaching the techniques for yogic breathing. It brings her joy to introduce clients to the experience of having a quiet mind and being able to hear their inner voice clearly. She is happy when clients finish their breath and meditation practices with a sense of profound peace.

Paula teaches breath and meditation for the [Riverdale Senior Services](#).

She works privately with clients for structural, physiological, and psycho-emotional conditions. She can be reached at [pfsbrx6@icloud.com](mailto:pfsbrx6@icloud.com).



**SHOBANA S. MANI**, PhD, E-RYT-500, owns Synergy Yoga and Wellness Center, San Jose. She is a biochemist by training with years of research experience, a recent graduate of American Viniyoga Institute's Yoga Therapy Program and a wellness educator with over 10 years of yoga teaching experience in individual, group and corporate settings. With a passion for preventive care and an interest in empowering people, Shoba's approach to wellness encourages people to adopt a healthy and holistic lifestyle, explore work-life balance and living life in harmony with their world as they experience it. Currently a resident of San Jose, she has traveled extensively in the US and Canada, Asia and India. Shoba's interests include reading, doing puzzles, cooking, gardening, photography and experiencing the simple joy of a child's laughter, a gorgeous sunrise and the fragrance of fresh flowers on nature walks. Contact Email: [shobanasynergy@gmail.com](mailto:shobanasynergy@gmail.com)



**LIZ HUNTINGTON**, MFA, RYT-500, is a graduate of the American Viniyoga Institute's Yoga Therapy Program. She provides personal yoga training and therapeutic Viniyoga through Skylark Yoga in Martinsburg, WV. Liz has been involved in teaching and community education for over 20 years. Her commitment is always first and foremost to the serve the needs of the individuals in her classes and workshops, whatever the topics or subject matter. In Yoga, she finds a comprehensive path of personal discovery – a process of deepening your connection to the people you love, your joy in the world you live in, and developing a more conscious and loving relationship with yourself. In her private hours Liz can often be found in her favorite hideout – a very large and cluttered studio where she makes poems, beadwork, textile art, and collage constructions.

Website and email:

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