



As a native New Yorker, Nandinī found her way to her first yoga class when she was 14. She immediately resonated with many aspects of the yoga traditions. In 2005, after the recommendation of a dear friend who had explained "they do chanting there, you might take a liking to it," she was introduced to the Jivamukti Yoga School in Union Square where she found her home base and influential teachers that opened up the deeper elements of this path. In June of 2013, Nandinī completed the Jivamukti 300hr YTT in Costa Rica co taught by Rima Rani Rabbath, Jules Febre & David Life. She then continued on to complete the 500hr Jivamukti Teacher Apprenticeship Program with her Mentor Rima Rani Rabbath. She has continued teaching in various studios ever since.



Nandinī's teaching foundation is in the Jivamukti lineage, with emphasis on sustainable practice, breath, postural alignment, intelligent sequencing and hands on assists. Warm, nurturing and focused, her soothing tonality creates an environment welcoming to any student encouraging trust in themselves and their ability to deepen in concentration. Drawing from the direct experience of rehabilitating physical injuries through her evolving practice her teaching style centers itself in working with injury prevention, modification, and adaptation to individual capacities.

Her clear direction and constructive alignment cues further guide the student safely into the exploration of the postures. She encourages the practice of self inquiry within the context of the Āsanās (postures) and Vedic teachings to deepen self awareness. From her background as a professional vocalist, she brings a musical component of chanting to her classes inviting students to explore aspects of Bhakti (devotion) and Nāda (sound) Yoga. Her teaching is an expression of her personal practice which above all is fundamentally about Love & Simplicity.

Today she calls Woodstock, NY her home where she resides with her 4 legged furry children and Fiancée. She pursues her passion of the visual arts as a tattoo artist at Ink Incorporated Tattooing in Kingston, NY. In her free time she enjoys painting, cooking, gardening and time spent in Nature with her family. In the throes of a bustling life she believes there is always time for Sadhana (spiritual practice) because life itself is the Sadhana.