



Sakhi Yoga Teacher Training Faculty

Primary Teachers:



Maxine Deutschendorf, E-RYT 200 - After years of struggling with chronic health issues and not finding the necessary improvements through more traditional avenues, Maxine desired something that would address not only the physical aspects of her health and well-being but also the emotional components. That is when she first experienced Yoga. From the beginning it was helpful and as she continued to practice Yoga, her endocrine system imbalances and digestive system limitations began to dissipate as did her symptoms of chronic fatigue syndrome. Yoga not only improved her health but also was the avenue that brought clarity and calmness to Maxine's mind as well as allowed her to find more joy and happiness in the daily moments of life. Because of the healing that Yoga brought on all levels – physical, emotional, mental and spiritual -- Maxine wanted to share this wonderful experience of Yoga with others. It is her belief that Yoga can bring healing and wholeness into the lives of all practitioners.

Maxine brings an atmosphere of lightheartedness to each class as she offers skilled attention to proper alignment and breathing. She agrees with one of her teachers, Amy Weintraub, when she said, "We are not creating a synchronized Yoga team. You are forming a new and healthier relationship with your body and mind. You have total permission to make this practice uniquely yours." It is Maxine's desire that as her students experience Yoga they begin to see that life is not solely about getting to a certain destination but about being present in each moment, each experience along the way and being gracious and loving toward themselves on the journey.

Now in her 7th year of practice, Maxine is an experienced 200-hour Registered Yoga Teacher with Yoga Alliance, a member of Integral Yoga Teachers Association and a trained LifeForce Yoga Teacher, equipping her with specific training and skills to work with individuals who experience depression, anxiety and emotional imbalances. Additionally, she holds a degree in spiritual studies and incorporates knowledge from her years of experience as a personal trainer and an aerobics instructor into her Yoga classes.



Pamela Cauthen Meriwether, E-RYT 500 - With over 2,000 hours of teaching experience, Pam is certified by the Yoga Alliance as an Experienced Registered Yoga Teacher at the 500-hour level. She continues learning as a dedicated student of Yogarupa, Rod Stryker, and is currently pursuing a ParaYoga Master Teacher certification under his guidance.

In addition to teaching weekly private sessions and classes, Pam is active in a number of volunteer organizations, including serving on the board of The Libby Ross Foundation. The mission of this foundation "is to make a significant difference in the lives of women afflicted with breast cancer through unique support programs." She teaches a free yoga class for women cancer survivors each week at Amsa Yoga and she co-leads an annual yoga retreat for survivors each Fall at Wild Dunes on the Isle of Palms, South Carolina.

Pam loves all things yogic and is devoted to teaching yoga. She began her practice in 1999, during her first pregnancy, and her passion for yoga grew from there. Pam weaves some aspect of the ancient wisdom of historical yoga teachings into every yoga class, and finds true joy in assisting others on their own unique paths. In sharing yoga with each individual, she strives to inspire in others, the peace, wellbeing, balance, stability, and understanding that yoga has brought to her own life.

Pam has also been blessed to study with Stephanie Keach, Shiva Rea, Mary Dunn, David Swenson, Gary Kraftsow, Gurmukh Kaur Khalsa, Patricia Walden, Barbara Benagh, Desiree Rumbach, and Manju Jois, who have all played important roles in her journey. She brings to her practice and teaching a background in ballet, fitness, and physiology, including choreographing and leading 5 nationally released fitness videos, for The FIRM. Pam views her entire life as her practice --in her case, a practice of being not only a yoga teacher, but also a yoga student, busy wife, mother, stepmother, and community volunteer. She was one of the original founders of Amsa Studios, in Columbia, South Carolina, in 2005, and enjoys watching this community grow and evolve with new perspectives and new energy.

Additional Faculty and Guest Speakers:



Amy Jo Gengler, LAc - Amy Jo is a National Board Certified Acupuncturist & Chinese Herb Specialist with NCCAOM. She is a member of the SC Oriental Medicine Association and is licensed in the state of SC. She attended Bastyr University in Seattle, WA, one of the world's leading centers for natural medicine, where

she received a Master's Degree in Acupuncture and Oriental Medicine. Amy Jo received additional training in Chronic Fatigue, HIV/AIDS support, Addiction & Recovery and Chronic Pain. In 2006, she completed an internship at Chengdu University of TCM Hospital in Sichuan, China focusing on Rheumatology, Cardiology, Gynecology, Oncology, Respiratory and Digestive disorders. Amy Jo has continued her study of the Spiritual Practice of Medicine in an Evolutionary Context, The Inner Tradition of Chinese Medicine, Advanced Chinese Pulse Diagnosis, and Chinese Herbal Medicine with Lonny Jarrett, Jeffrey Yuen and Thea Elijah since 2006. Amy Jo is committed to helping others reach their highest potential by overcoming health issues and other obstacles to development. She helps people learn to identify with the very best parts of themselves to become increasingly more vibrant, focused, stable, integrated, happy & healthy.



Kat Hendrix, E-RYT 200 - Kat Hendrix began studying Buddhist philosophy, meditation, and pranayama twenty-six years ago as a Peace Corps volunteer in Thailand. Ten years later, she fell in love with the holistic flow of yoga asana practice and, in 2005, completed a 200-hour teacher training course at Holy Cow Yoga Center in Charleston, SC. She has been teaching there ever since and is a regular guest instructor at Shooting Star Yoga in Pavones, Costa Rica. In 2008, Kat received her Experienced Registered Yoga Teacher (ERYT) certification from Yoga Alliance and is currently finishing a 500-hour certification. She holds a Masters in Health Science Journalism and a PhD in Public Health. This formal education along with a lifelong interest in human biology and career as a medical writer, led Kat to develop a 'Functional Anatomy for Yoga' course which she has been giving to teacher trainee classes since 2008. She also gives several 'Special Focus' yoga anatomy workshops throughout the year.

"I believe that the goal of yoga is to develop symmetrical strength and flexibility in the body, heart, and mind. By practicing how to connect movement with deep breath and spiritual intention, we begin to grasp the power of living holistically as integrated beings. When we experience ourselves as 'whole', we re-connect to others and everything in the world around us." (Kat Hendrix, 2011)



Nicki "Anahata" Musick - Anahata's first attraction to yoga was primarily a spiritual calling. Her first introduction to yoga and meditation came through the teachings of Avatar Meher Baba when she was in high school in Myrtle Beach. Around 1970 she visited the beautiful preserve and spiritual retreat there dedicated to Him. In 1971 Anahata moved to the southwest and began Kundalini Yoga and Meditation studies and practice with the 3HO (Happy Healthy, Holy) Foundation and YogiBhajan (a Yoga Master from India who emerged out of the Haight/Ashbury era of the 60's helping youth find health, happiness and wholeness through Kundalini Yoga. You might know him as the originator of the now famous Yogi Tea!) Anahata experienced the disciplines of

living yoga as an ashram resident and began studying massage therapy and holistic health. She has had the immense good fortune to go on to study with other renowned teachers of our times. She was a staff member for a Mind Body Medical Institute's affiliate program of the Beth Israel Medical Center and Harvard University, teaching Yoga and stress management skills for medical symptom reduction. She has assisted midwives and mothers as a Doula at home and in the hospital delivery room and is certified in Conscious Pregnancy under Gumukh Kaur Khalsa and Prenatal Yoga under Stephanie Keach. Anahata opened the Yoga and Wellness Center of Columbia in 1994 as "Kundalini Rising" at Stardust Books. It reopened as the Yoga and Wellness Center of Columbia in 1996, which continued for another 14 years. Anahata weaves the transformational tools of yoga, meditation, music and sacred sound into her gifted teaching.



Kimberley Puryear, E-RYT 200, RYT 500 received her teacher training at the Asheville Yoga Center in Asheville, NC under the direction of Stephanie Keach. She is registered with the Yoga Alliance at both the E-RYT 200 and 500 hour Advanced Studies levels.

Kimberley's personal practice began in 2003 and quickly became a life changing passion. Her love of Zen meditation, Ashtanga, Vinyasa, and Yin Yoga have inspired her to share the healing powers of Yoga with others. She is passionate about helping students find connections between their practice on the mat and in their everyday lives. Kimberley's classes will challenge you as they guide you to practice from a place of honest exploration, acceptance, and personal freedom. The result is a fun and educational class that empowers each student to create their own practice, using their own strengths and weaknesses. Kimberley's authentic, warm and lighthearted spirit will encourage you to find your own yoga voice! Classes will be fun and challenging and know that your needs will be well-tended.

Kimberley has been blessed to find beautiful and inspiring teachers in Stephanie Keach, Shala Worsley, Erich Schiffmann, Paul Grilley, Scott Blossom, Michael Stone, Tim Miller, David Williams, David Swenson, Doug Keller, and the countless other shining souls that she meets along the path daily. Kimberley and her husband John are the proud owners of Amsa Yoga, of Columbia, SC.