

INDRA STRONG, RYT
HAS TAUGHT YOGA IN SANTA BARBARA FOR OVER 6 YEARS.

INDRA TEACHES KIDS' YOGA AT LOCAL PRE-SCHOOLS AND ELEMENTARY SCHOOLS. SHE ALSO TEACHES PRIVATE CLASSES AND AN OCCASSIONAL ADAPTIVE YOGA CLASS AT THE DOWNTOWN WELLNESS CENTER. HER PRIVATE CLIENTS HAVE INCLUDED PEOPLE WITH VARIOUS DISABILITIES AS WELL AS COMPETITIVE ATHLETES.

INDRA WAS TRAINED AS A DANCER AND GRADUATED WITH A DEGREE IN ART DIRECTING OF THEATER FROM THE CONSERVATORY OF RIGA, LATVIA. INDRA IS LATVIAN AND RIGA IS HER NATIVE TOWN.

INDRA IS FLUENT IN 4 LANGUAGES (AND WOULD LIKE TO LEARN A FEW MORE). SHE HAS A MASTER'S DEGREE IN INTERNATIONAL BUSINESS ADMINISTRATION FROM ECOLE NATIONALE DES PONTS ET CHAUSSEES IN PARIS, FRANCE.

INDRA HAS WORKED FOR A MAJOR SOFTWARE DEVELOPMENT COMPANY IN EUROPE, CONSULTED LATVIAN SHIPPING COMPANY, AS WELL AS TAUGHT BUSINESS ETHICS TO MASTERS' DEGREE STUDENTS AT THE ACADEMY OF CULTURE OF LATVIA. HER ARTICLES HAVE BEEN PUBLISHED IN NUMEROUS LATVIAN PRESS PUBLICATIONS.

INDRA IS A REIKI MASTER.

SHE AND HER HUSBAND PHIL LIVE IN SANTA BARABRA AND HAVE 3 SONS - AGES 6, 8 AND 10. "THESE DAYS... IT IS MY YOGA PRACTICE AND TEACHING AND KEEPING UP WITH OUR 3 BOYS THAT KEEPS ME YOUNG AND HEALTHY", SAYS INDRA. "YOGA HAS BEEN MY OWN "SANITY AND SAVING GRACE". I AM THANKFUL FOR HAVING IT IN MY LIFE AND FOR BEING ABLE TO SPREAD THE HEALING MESSAGE."

Indra teaches "Yoga For Kids" at Evergreen Learning Center, My Special School, Discoveries School and several Elementary After School Enrichment Programs. She also teaches Private and Group Classes for Adults.

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