



Maura Utley is a Registered Yoga Teacher (RYT) with Yoga Alliance, and a certified fitness professional with over thirty years experience teaching a variety of group fitness classes throughout the East Coast. Through the process of completing her RYT200 Yoga Alliance teacher training through Inlet Yoga in Murrells Inlet, South Carolina, she found her passion.

“I initially became interested in Yoga as a way to prevent injuries, and become more fit. Through the teacher training process, I learned there were infinite benefits to doing Yoga. I completely fell in love with the practice. After many years of teaching step classes and training with weights, I started experiencing issues with my back and knees. Through Yin Yoga specifically, I became aware of the importance of keeping connective tissue healthy, and with a consistent practice, I simply just started feeling better! Since a regular Yoga practice helps realign one’s musculoskeletal structure, I was able to correct my own postural misalignments, alleviate pain, increase my flexibility and reduce visits to a chiropractor. Yoga’s emphasis on controlled breathing strengthens the respiratory system and engages the parasympathetic nervous system to help reduce stress and tension throughout the body. However, what I wasn’t prepared for was the metaphysical, personal and spiritual growth that happens simultaneously as one’s practice deepens. “Yoga totally changed my life – and my family’s life – for the better, and I am deeply grateful for the experience. To this day what I find most inspiring is watching others around me experience the same transformation regardless of age, fitness level, affliction or physical ability. This transformation is unlike anything I have ever experienced through a traditional exercise class. Life just got better.”

In addition to Maura’s experience teaching group fitness classes and Yoga, for fourteen years, she was the VP of Creative Services and Product Design for MVP Group International, Inc., a global candle and home scent company headquartered in Charleston, South Carolina. During her time with this company, she created Everybody’s Ayurveda – A lifestyle candle and home décor collection based on the holistic healing philosophies of Ayurveda. The collection was designed to inspire health and wellness through every day home products. “By creating the collection, I hoped to inspire others to learn more about Yoga as a way to improve the quality of their lives.” Today, Maura is currently the VP/Director of Marketing for Coastal Carolina National Bank. (CCNB). She is currently pursuing her RYT500 in Asheville, North Carolina, with a focus on yoga therapeutics, and teaches several classes throughout the Grand Strand