



Michael Muckin

Michael is a life-long martial artist and physical culture practitioner, who embraces the ethos of the spiritual warrior. He holds instructor certifications in Systema (Russian Martial Arts), Tai Chi (Yang and Chen styles), Indian Clubs, Kettlebells and Flexible Steel systems. He previously held Personal Trainer certifications with ACE (American Council on Exercise) and NASM (National Academy of Sports Medicine), as well as holding advanced ranks in multiple styles of martial arts.

Michael is a breathwork specialist. The breathing concepts, techniques, and principles that he has accumulated throughout his journey are expansive. His synthesized approach of teaching breathing techniques is unique. A permanent student, he constantly explores and absorbs movement, fitness and performance concepts and methods. He devoted 15 years to intense sadhana within the Siddha Shiva Yoga path, including seven years as an “under the roof” sadhana. Michael’s Path is focused on the elevation of the human condition through physical practices, seeking to attain harmonization of the body-mind-spirit trinity. He feels an obligation to share the knowledge, skills, and experiences he has been blessed to receive.