



Nicki ANAHATA Musick, RYT, LMT-- Visiting Yogini

My first introduction to yoga and meditation came through the teachings of Avatar Meher Baba when I was in high school in Myrtle Beach. At that time I visited the beautiful preserve and spiritual retreat there dedicated to Him. In 1972 I began Kundalini Yoga and Meditation studies and practice with the 3HO Foundation of which I am a member 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)I experienced the disciplines of living yoga as an ashram resident and began studying massage therapy and holistic health. I have had the immense good fortune to go on to study with other renowned teachers of our times including Swami Muktananda, Pir Vilayat Khan, Sogyal Rinpoche, Mantak Chia, and Baba Ram Dass. I have been a musician all my life with a great love of yogic sound and have been leading satsangs for many years. I worked in the modeling and natural foods industry. I was a staff member for Carolina Health Choice Network, a SC affiliate of the Mind Body Medical Institute of the Beth Israel Medical Center and Harvard University, teaching Yoga and stress management skills for medical symptom reduction. I have assisted midwives and mothers as a Doula at home and in the hospital delivery room and am certified in Conscious Pregnancy under Gumukh Kaur Khalsa and Prenatal Yoga under Stephanie Keach. I presently teach yoga and stress management skills for the South Carolina Bar. I opened the Yoga and Wellness Center of Columbia in 1994 as "Kundalini Rising" and it continues today as the Yoga and Wellness Center where I now teach and direct.