



CALVERT COUNTY DEPARTMENT  
OF PARKS AND RECREATION  
NORTHERN DISTRICT PRESENTS



## MEET: Satyam

**What do you teach? Yoga for Strength & Fitness**

**How long have you been teaching your class?**

**I have been teaching this class for 14 years.**

**Profession when you're not teaching:**

**Yoga is my life.**

**Certifications:**

**Registered Yoga Teacher (E-RYT 500) with Yoga Alliance of North America**

**More about Satyam:**

**Satyam, the founding director and lead instructor of Renaissance Yoga, pursued and completed his yoga teacher training in India. During his many years of ashram life, Satyam spent large tracks of time studying one-on-one with his yogacharya.**

**Satyam's initial interest in meditation grew over the days, months, and years into a holistic lifestyle based on the principles and tenets of yoga. He has led seminars on diverse aspects of yogic life.**