

VICTOR CYT

Mindfulness Meditation and Yoga Teacher

Yoga:

- Tulasidalam School of Yoga Prada, Thelliyor, Kerala, India 200 hour certification

Meditation:

- 42 hour Cultivating Emotional Balance Training
- 8 week Cultivating Compassion Training at the Compassion Institute
- Vipassana and Shamatha training

Particular Interests: Incorporating yoga and mindfulness based tools with children in public schools and adults in the criminal justice system as a means of stress reduction and connecting with their compassionate nature.

Personal Quote: *“All meaningful practices are spiritually based, creating the openings necessary to reconnect with our true being.”*

Quotes by Students:

“Victor has an incredibly kind presence and classes that include stories of his travels and workshops in ashrams and spiritual centers around the world.” da

“I have always struggled with having compassion for others and especially for myself. Victor knows how to present lessons that change my whole perspective and attitude.” mf

Bet you didn't know: Victor plays harmonica and is featured on several albums featuring well-known rock and blues artists.

Bonus fact: Victor spends several months every year attending workshops in Europe, Asia and around the U.S.

Discovering yogic practices has shifted my life purpose. I am blessed to have learned from every teacher at Fountain of Health. From asanas, vinyasa, proper alignment, meditation to those intangibles that come only from being in a class and having a teacher who understands themselves as much as the information they are sharing. FHYS is a sanga, a family that supports and encourages its tribe to lead a happy, healthy life. Taking YTT in South India, I was with a teacher who believes as Marcee does, that yogic practices are spiritually based, creating the openings necessary to dig deeper into your true being.