

*Maria Sutygina is a leading teacher of Lobanov's Yoga School with 11-year experience of yoga practice and 8-year experience of teaching.*

*She practice yoga from 2003. In 2006 she graduated from the program "Classical yoga, Hatha yoga" and in 2010 "Classical yoga. Raja yoga".*

*In 2006 she started Hatha yoga classes for groups and pregnant as well at Lobanov's Yoga School.*

*"Yoga is the way I live, it's an interesting way of self-knowledge and understanding of reality through supervision, living of different situations, realization of reality and same time a method of its control. During studying at teachers courses the wish to become a teacher was motivated as an understanding of a certain step in my life when my knowledge and experience becomes deeper and the understanding why do I need yoga becomes wider. Now I feel teaching as an opportunity of creative development. And I have a constant inner movement to realize it. It's interesting".*

