

BIO 9.11.22

About Kim Valeri

Kim Valeri, is a gifted transformational healer who works to raise conscious awareness. She is known for bringing clarity and understanding to all aspects of life and for being a catalyst for accelerated global transformation.

She is the former C.E.O. of Kerala Ayurveda Academy, U.S.A and as her current leadership role as the Director of the Boston Ayurveda School, she is shaping the next generation of natural health professionals to impact the global direction of complementary healthcare. With 40 years of personal practice and over twenty years of certifying yoga teachers and Ayurvedic Health Counselors, Kim continues to bring an authentic blend of Vedic knowledge, spiritual compassion with technical proficiency, inspiring students with strength, grace and service.

Kim has a wealth of knowledge gained from firsthand experience and understands how to balance the aspirant's spiritual journey with the roles of relationship, career, and family; making her teachings accessible to all.

She founded **Yogaspirit**[®] studios in 1997 to share the powerful teachings from her home base in New England and has supported students worldwide using yoga and Ayurveda as a healing art of self-realization. Today **Yogaspirit**[®] trainings are taught continuously by Trainers and Affiliate locations. Kim continues her own personal study of Ayurveda and is a doctoral candidate for Doctor of Ayurveda Medicine (A.D.) with a specialty in Ayurvedic Psychology (Sativavajaya Chikitsa). She holds additional credentials as a certified Community Health Worker (C.W.H.), certified Yoga Therapist (A.Y.T., C-IAYT), NAMA Board-Certified Ayurveda Practitioner (C.A.P.).

Kim and her husband Jim share a blended family of five children ranging in ages and spanning multiple generations. They love travel, culture, and all that life offers. You will find her on the archery range, advocating for climate, where she has given talks on youth activism, climate justice, and citizen engagement. Kim was instrumental in forming and lobbying a Bill in the Massachusetts legislature to support the protection and access to complementary and alternative healthcare.

Kim embodies yoga and Ayurveda. She teaches about being in service which she consistency demonstrates is done best when you feel fulfilled, abundant, vital and able to act.

About the journey of **Yogaspirit**[®]

Yogaspirit[®] focuses on form and alignment-based biomechanics that can awaken personal transformation. From this foundation, students learn to connect movement with breath and create vinyasa-based lesson plans. Along with the study of basic Ayurvedic principles, students

are taught how to address the individual unique needs in a classroom setting. Student learn how to teach from a respectful, safe and a compassionate learning environment through the philosophical teaching in the Sacred Life segments of the program.

The teachings were developed after Kim turned to alternative medicine in the early 1980's, Kim has realized, firsthand, the power of healing and liberation from chronic pain through meditation which opened the doorway to her mystical journey. Her transformation in overcoming serious near-death injury, illness, and life events has allowed her to acquire the knowledge to release pain and suffering within herself, and in turn, to help others. Kim studied with Senior Iyengar Teacher Patricia Walden in Somerville, MA In the late 80's and in 1993 took Patricia's first Two Year Teacher Training program which completed in 1995. Kim continued studying with Patricia until 2002 and highly respects the excellence in the teaching she was given and in the Iyengar Tradition and much inspiration from that time in her life is rooted in her own teaching today.

In 1994 Kim became certified in Kundalini Yoga as taught by Yogi Bhajan, Kim decided that both of these paths were essential to one another and to her evolution. Kim decided not to choose a particular tradition and instead chose to follow the path of inner contemplation and direct experience which comes from a committed Sadhana. This led her to the path of Surat Shabda Yoga and is where the innermost teachings of mystical yoga through contemplation of inner sound brought everything together for her teachings.

Ayurveda, along with all three of these paths: Iyengar, Kundalini and Surat Shabda are essential aspects of **yogaspirit**^{®s} teaching. Over the decades **yogaspirit**[®] spread from several locations in New England across the country to Washington State, where trainings are often conducted. However, in 2010, a special branch of **yogaspirit**[®] got deeply rooted in Whitman, MA with trainers LeeAnn Trigler and Cara Capellini. Today, the Whitman Wellness Center is the home to hundreds of vibrant **yogaspirit**[®] graduates who continue to thrive, grow and learn and from the early seeds sown by Kim Valeri.