

## Zaira Leal. Yoga Teacher

The path of Yoga is part of Zaira since she was in her mother's womb. It was in her teen years and under the guidance of her teachers when she was initiated into living consciously. From then on she dedicated herself fully to the awakening and expansion of the Self's luminosity.

It has been said about her ...“Zaira is a singer and weaver of tales that come true”; “She incorporates the beauty of **chanting** and **meditation** in her classes and therapies giving them a purity that sets them apart and make them distinctively her own”; “Zaira's knowledge of the ancient wisdom of Yoga inspire the student to practice effortlessly, full of grace and delight”.

She has deeply studied various styles of Yoga. She is an accredited Sridaiva and Bowspring technique teacher, certified in Anusara Yoga and, she is a Certified Yoga teacher Anusara® and previously certified Vinyasa Yoga Teacher. She is registered in the eryt-500 level Yoga Alliance of America, and member of the International Association of Yoga Therapy and Yoga Therapy Spanish Association. She is certified by the Chopra Center and currently teaches the "Perfect Health", Ayurvedic lifestyle, created by Dr. Deepak Chopra and David Simon. She has developed programs for adults, adolescents, children, children with autism and yoga for therapeutic purposes, also offering personalized instruction and Yoga therapy.

A commitment to serve others inspired her to study **Ayurveda**. Zaira is a Chopra Center Certified Instructor and teach the signature program Perfect Health, Ayurvedic Lifestyle Program, created by Drs. Deepak Chopra and David Simon. As an Ayurvedic Lifestyle consultant she guide people in areas that might be of their concern: physical health, emotional freedom and higher status of consciousness. Ayurveda is a way of life that comes from the inside out.

In February of 2014 her first book ***Una fiesta para el alma*** was published by one of the most renowned publishing companies in Spanish language.

She also received a BA in Hispanic Linguistics and a Masters of Education in Teaching Spanish as a Foreign Language. She has taught Spanish in schools and universities, embracing students of all ages and backgrounds.

To her students and clients as well as to all her teachers she offer deep gratitude and recognition.

Her teaching home is the yoga studio ZUNRAY in Palma de Mallorca, Spain.