

I hold a Ph.D. in Physics from Tbilisi University, the leading national university in my home country of Georgia. I moved to Stamford, CT, 23 years ago to be close to my two sons, who had immigrated to study in the US when they were teenagers.

I have had a passion for yoga and a physically active lifestyle since I was a young woman. Before discovering yoga, I went from skiing to running and then to boxing and karate. However, I soon realized that although all these high-impact sports were deeply enjoyable and brought me a great deal of physical and spiritual satisfaction, they had negative effects on my body, bones, and joints, often leading to injuries.

I returned to yoga about 15 years ago, after practicing it many years ago back home in Georgia. At that time, I could not walk up and down the stairs due to knee pain and was considering surgery as a remedy. I was also in the pre-osteoporosis stage, with my overall bone density dangerously low and deteriorating rapidly.

I have been practicing yoga every day since then. Yoga practice helped me recover from my knee issues and slowed and reversed my bone degeneration. My journey to holistic healthcare continued and deepened as I started practicing Tai Chi and Qigong and immersed myself in the Book of Changes

I am a strong believer in the health benefits of Yoga and Tai Chi and believe that we all possess a great unknown power within us, as well as tremendous healing energies that lie dormant. Practicing Tai Chi and Yoga help us unlock and harness these energies, allowing us to breathe deeper and fuller, which in turn aids in our healing and improvement.

Since the breath is a universal element, we all share, regardless of our ethnicity, culture, language, beliefs, or age, let's inhale and exhale deeply and start practicing together

From Stamford, we moved to San Francisco, and from San Francisco, we relocated to San Miguel. Now, I am here in San Miguel de Allende, Mexico, deeply enjoying this beautiful country and offering my services to private clients as well as group lessons. Please feel free to reach out to me with any questions.

In my free time, I enjoy walking, taking photos, reading, and designing jewelry.

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