



Samadhimurti has practised yoga since her early 20s. Deeply inspired, she lived in the Satyananda Ashram New Zealand for two years in the 1980s, where she also learned to teach yoga. During the following 18 years of parenting, she explored different lifestyles, including living on an island and in a communally owned, solar-powered, permaculture village. Schooling of her daughter lead her to Hamilton in 1999, where she involved herself in a variety of services for the local community such as facilitating restorative justice conferences, teamleading of non-violence workshops and facilitation of anti domestic violence programs, telephone counselling, teaching low cost computer skills and swimming.

In 2005 she profoundly recommitted herself to the teaching and practice of yoga and spent 2006 living in several **SATYANANDA YOGA**<sup>®</sup> Ashrams over the world. On her return to New Zealand in 2007, she embarked on setting up a yoga teaching practice and is now accredited with the **SATYANANDA YOGA**<sup>®</sup> Academy Australia (no. 14293). [**SATYANANDA YOGA**<sup>®</sup> is a trademark of IYFM used under license.]

In 2008, Samadhimurti set up a charitable trust **Shraddha – Yogic Lifestyle Education Trust** in New Zealand to make the ideas and principles of a yogic lifestyle widely available. She currently teaches a range of yoga classes in Hamilton. For more details and class information, please visit [www.shraddha.org.nz](http://www.shraddha.org.nz) .