

## *Zoe Mai*

Zoe Mai began practicing Ashtanga Yoga with Manju Jois in Philadelphia in 1995. In 2005 and 2006 she traveled to India to study with Sri K. Pattabhi Jois and Sharath Rangaswamy. She began her study of Sanskrit in India. Upon returning to the States Zoe took her first Weekend Sanskrit Training with Vyaas Houston. The experience was illuminating and life transforming. After experiencing the ASI learning model, her study of Sanskrit became a graceful dance with a living breathing language. Since that first weekend training Zoe has taken every opportunity to study with Vyaas in an attempt to move more deeply into the language and fully imbibe the yoga based learning model of The American Sanskrit Institute. She is currently teaching college classes in Psychology, Yoga Philosophy and Sanskrit using only the ASI learning model.