

Mayuri Bhandari

Lecturer at Loyola Marymount University

Los Angeles, CA, US

Lecturer

Biography

Mayuri Bhandari holds a Masters in Yoga Studies from Loyola Marymount University. Her focus as an instructor & practitioner lies in the application of yoga beyond the mat, as a way of life. Mayuri is a professional actress, dancer, figure skater, and poet within both American & Indian film industries. She has a B.A. in Dance & South Asian Studies from UC Berkeley. Through her activism, Mayuri creates works with a powerful social message. She voices an Ahimsic [non-violent] way of life (beyond diet), women's empowerment, and stories of Brown culture, experience, and identity. Additionally, she is a volunteer of Prison Yoga + Meditation at the Twin Towers facility in DTLA and engages with various communities in movement and dance therapy. Mayuri also holds certifications in Yoga Social Change & Mindfulness (LMU) and Yoga Trauma & Addiction. She has instructed at LIFETIME Fitness, Loyola Marymount University, & various studios in Los Angeles. (RYT 500 & 200)

Areas of Expertise

Yoga

Education

UC Berkeley

BA Dance & South Asian Studies

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