

UMAA INDER

IN MONTERREY

BY: [PLAYERS OF LIFE](#)
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Considered as one of the leading influences in the world of yoga, Guru Umaa Inder came to Monterrey to share her knowledge through a workshops program of traditional yoga. These trainings were taught in “Casa Shakti”, a yoga studio located in San Pedro which was founded in 2000. Claudia González, the Director of this studio, was the person who invited Umaa to the city.

“I decided to come because three years ago I met Claudia and she personally invited and asked me to share my knowledge to people through a training, which was very important to me”, said Inder.

Umaa is Director and Senior Master Teacher of SATYA, Synergic Aligment of Tantra, Yoga and Ayurveda. From a very young age she felt a call in her dreams and discovered that she would meet her teacher in the future, for her to become a Master of Masters. The workshops imparted by Umaa differ from other courses of the same kind, because she goes beyond the traditional yoga poses, focusing in the real yoga essence and what is behind of every movement.



Helping her students to meditate and to find themselves, Inder arrived to Monterrey last August 29, and pronounced that she received a very cozy welcome, feeling herself very surprised by the beauty of the mountains that characterize our environment and the way in which the residents interrelate with nature.

With a very good impression in her first visit to our country, Umaa commented that she would love to come back in the future to keep sharing her knowledge, and also to have the opportunity to explore more of the city and its mountains.

More than 80 people attended Umaa's workshop, and enjoyed different talks in which several topics were approached such as "why are we here?" and "what are we here for?", among different breathing and relaxation techniques.