

## Mentoring

Since 2009, Maggie has been mentoring Yoga Therapists, and students in her own Yoga Therapist training program as well as from other IAYT-accredited programs. This mentoring includes examining both private and group Yoga Therapy lesson planning as well as discussing conditions with appropriate therapeutic interventions and modifications, always considering the whole person from a 5 maya-s (kosha-s) perspective.

Maggie shares her 20+ years of experience as a seasoned practitioner, Yoga Therapist and trainer of Yoga Therapists in the Desikachar-Krishnamacharya tradition as well as her knowledge of applicable western science and current best practices emerging in the field.

If you are interested in mentoring with Maggie as you hone your skill as a Yoga Therapist, or simply to get a different perspective on your work as an experienced Yoga Therapist, please contact Maggie <sup>[1]</sup> for more information on the mentoring process. Mentoring fees are \$84 per hour including taxes.

## Testimonial

*This testimonial comes from a very senior student from the Desikachar-Krishnamacharya tradition who both studies with Maggie for her personal home practice and mentors with her as a Yoga Therapist.*

I wholeheartedly recommend Maggie Reagh as a yoga therapist, and also as a mentor to new yoga therapists who are learning how to practice cikitsa. For many reasons, I am extremely grateful to have been working with her for a few years now, particularly as I am finishing a substantial yoga therapy training program under her mentorship.

To start, the personal practices she has given me have helped me become stronger, lighter,

more pain-free, and more enthusiastic about practicing than I've felt in years. I went from having daily pain to becoming largely pain-free in mere weeks. I deeply admire Maggie's skills in combining tools to customize practices. What she's given me works deeply and efficiently, providing me with the right amount of challenge to stay engaged while giving me opportunity to witness my growth. The skillful mix of yoga tools always leaves me feeling calm, focused, and open to the day. For the gift of my practices, I have so much gratitude, as they've changed my life for the better.

In addition to this, I feel deeply grateful to Maggie for the outstanding guidance she's given me in my work of teaching people privately and in therapeutic functional groups. She has a substantial foundation of her own committed study of yoga, as well as significant teaching experience over a few decades. Her teaching is strongly rooted in the therapeutic principles TKV Desikachar shared with his students, and at the same time Maggie offers the benefits of everything she has studied. I admire and appreciate her joyful enthusiasm for learning and sharing different possibilities to achieve practice goals. In every single session I have with Maggie, I learn new things or new ways to relate what I've previously learned—that is inspiring!

Maggie is also very generous with her time and resources. She always offers to send supporting material for further study to provide more background for choices she recommends. She's very thorough, asking lots of questions and helping me look at my student as a whole, from each aspect of the pancamaya. She cares about my understanding of concepts and takes time to help me understand her suggestions and the principles behind them. She helped me build an engaging and effective Yoga for Anxiety group series. In particular, she helped me arrange complex principles into a concrete progression of yoga sequences, and my students both enjoyed the series and could articulate the benefits they gained through the practices. To add to this, Maggie encourages me and offers praise for my work, which I don't take for granted, as I know she wouldn't offer it if she didn't mean it. She consistently demonstrates a high level of professionalism and integrity.

Finally, I can't express how thankful I am that Maggie's been so willing and accommodating in guiding me through the practice process of another school's program, with all the administrative paperwork it entails. I appreciate her unwaveringly great attitude about it. She's welcomed this process without any indication that it's a bother or a burden. She clearly *loves* mentoring.

For anyone considering working with Maggie as a yoga therapist/mentor, I enthusiastically recommend her. There is so much to learn from her!

Anne McDonough  
Yoga Therapist  
St. Paul, MN USA

Tweet <sup>[2]</sup>

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#### Links

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