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Embodied Learning of Yogic Philosophy: Amy Wheeler Interviews Maggie Reagh

In the Yoga Therapy Hour, Amy and Maggie talk about Maggie's experiences and their shared experiences as university instructors who also run IAYT-accredited Yoga Therapy schools.



They also touched on the following:

- Maggie's journey and background as she found Yoga
- Maggie's thesis on Embodied Learning - Experiential Learning
- Embodied learning, what it means, and how it influenced Maggie's teaching of Yoga
- Maggie's experience with her teachers in Chennai, India
- Maggie's teaching combination of Yoga practices and Yoga Philosophy
- What it means to experience Isvara Pranidhana, or Surrender to What Is
- How to use daily practices to become more embodied
- Maggie's experience with the co-creative process of learning and how it influenced her

Listen to the Yoga Therapy Hour ^[1]

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Links

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