



Phenix & Phenix
Literary Publicists, Inc.

About Myra Lewin

Author of *Freedom in Your Relationship with Food*



With over 20 years experience in nutrition, holistic treatments and energy management, Myra Lewin is the owner of Maui Yoga and Ayurveda at Hale Pule in Maui, Hawaii. She teaches Raja Yoga and Ayurveda, as well as meditation, asana, pranayama, mantra, mudra, and daily living practices. Through Maui Yoga and Ayurveda, Myra has assisted many people in moving away from destructive habits to fulfilled living. Her new book, *Freedom in Your Relationship with Food: An Everyday Guide* (Synergy Books, January 2009, ISBN 978-0-9815462-1-6, \$16.95), is designed to help individuals break unhealthy eating cycles and gain a greater respect for what they put in their bodies.

Before becoming a Yoga and Ayurveda teacher, Myra led a successful career in executive management and business consulting. After earning a Master of Accountancy from the University of Tennessee in 1980, she worked in the corporate sector until 1992. However, the longer she stayed in the business world, the more alienated and cut-off she felt from nature – and from herself.

“I once lived in the foothills of the Sierra Mountains in northern California,” says Lewin. “It was a beautiful place with a wonderful climate. I thought I admired the nature around me. Yet I worked long

hours and was rarely outside. In my mind, I justified overworking because I needed to stay living in that area. Eventually I became miserable – the fantasy of being in nature was not real.”

Myra discovered a solution to the challenges of her fast-paced, corporate living, and began practicing Yoga in 1989. In 1992, she officially traded business meetings for Yoga and Ayurveda, and started teaching two years later. She continued to teach Yoga after moving to Scottsdale, Ariz. in 1995, and completed a 500 hour certification with International Yoga Studies in 1998 (making her the first person in the nation to earn this certification).

Myra moved to Maui in 1999, and opened Adventure into Spirit – Living Yoga on Maui the following year. Today, she is an ERYT 500 – “Experienced Registered Yoga Teacher” – through Yoga Alliance, grandfathered in with 9000 hours of teaching. Adventure into Spirit, renamed Maui Yoga and Ayurveda at Hale Pule in 2004, continues to be a sought-after therapy center for individuals from all over the world. Myra is a member of the International Association of Yogi Therapists, and leads transformative retreats, workshops, Yoga teacher training, and private consultations.

To request a review copy of *Freedom in Your Relationship with Food*, or to set up an interview with Myra Lewin, contact Vanessa Massey at vanessa@myralewin.com or 808.344.3634