



Meet your instructors

Bhavaani Deanna Gray, RYT-500

Bhavaani brings a unique blend of experience as a professional graphic designer and meditation/yoga instructor. She holds a Bachelor's Degree in Studio Art from the University of South Carolina. Her career began as a graphic artist and illustrator. Then later in her career she became a web designer, and eventually was lead to yoga to heal back pain from computer work. However, for Bhavaani, art has always been more than just a profession—it's a transformative path of self-discovery and healing. Now a certified yoga and meditation instructor, she integrates breath, yoga, and expressive arts. She studied the authentic teachings of yoga under Gurudev Shri Amritji at the Amrit Yoga Institute in Salt Springs, Florida. Bhavaani earned a 500-hour Yoga Alliance certification and is currently pursuing an 800-hour Yoga Therapy Certification. She is certified in Integral Breath Therapy, a powerful and effective tool for bringing about positive life changes. Bhavaani's wishes to inspire and support others on their path of self-discovery and healing.

Bhairav Curt Gibson, RYT 200

Bhairav's introduction to yoga came at an early age, when his mother would take him along with her to the local YMCA for her yoga classes. After practicing hot yoga himself for several years, as a way to condition his body for working outside during the Florida summers', he completed his 200 hour Hot Yoga teacher certification. Wanting to deepen the spiritual component of his yoga practice, he traveled to India for a 100 hour I AM Yoga Nidra training with Kamini Desai and Shri Amritji of Amrit Yoga Institute. After completion of this certification, he was drawn to a second 200 hour teacher training of Amrit Yoga Level 1. It was through these teachings he found the way to travel in equanimity during his practice. He provides sound therapy using seven Quartz crystal bowls. He is excited to reveal what he has learned with you as he continues on his journey.