



TAYLOR HUNT

Taylor Hunt is a devoted student of Ashtanga yoga. He makes yearly trips to Mysore, India to further his studies at the K. Pattabhi Jois Ashtanga Yoga Institute (KPJAYI) under the guidance of his teacher, R. Sharath Jois. In 2013, after several extended trips, Taylor was granted Level 2 Authorization to teach from KPJAYI and has had the honor of assisting in the shala in India on two occasions. Taylor is dedicated to sharing the healing practice with others by teaching daily Mysore classes at Ashtanga Yoga Columbus and offering workshops around the country. He continues to inspire others through his accessible approach to the practice and story of personal transformation detailed in his recently published book, *A Way From Darkness*. Taylor is also the director of the Trini Foundation, which brings the life-changing practice of Ashtanga to those struggling with addiction.

More about Taylor...

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