**Lydia *Nitya*Griffith** has spent over ten years on a spiritual journey inspired by the teachings of her guru, Sri Swami Satchidananda.  Over the years Nitya has become a master in teaching children’s yoga throughout the Richmond community, by using her gifted voice and creative sense of story telling to create a truly unique classroom format based in traditional hatha yoga. She also has co-created and is director of The Yoga with Nitya Kids Yoga Camp since 2006 for kids and teens. She has been featured on Richmond’s Local Cable Access Channel and on the Channel 6 Morning Show.

Nitya has been a certified Integral Yoga® Teacher since 2005 and her biggest passion is teaching children of all ages. Nitya’s goal in teaching yoga to young and old is to learn to Live Yoga ~ peaceful of mind, easeful of body, purposeful in our lives with grace, compassion and love for all. Nitya is an E-RYT200 with a CRYT and is registered with Yoga Alliance.

*Nitya has launched her national brand of “Yoga with Nitya” with the release of her kid’s yoga DVD, book “A Child’s Journey into Yoga”, and new book “Yoga with Nitya Cookbook; Eating Local, Seasonal, and Vegetarian for a Healthy Life”.*

Nitya is also a certified Feng Shui consultant and Master Chinese Astrologer for nearly 15 years.