**Durga Sylvia Nofsinger, BIO**

**Sylvia Durga Nofsinger** is a 500 hour advanced Integral Yoga hatha teacher. Sylvia studied in Yogaville and continues to live part-time in the Yogaville community.  She is a hormone yoga therapy teacher for menopause, and diabetes.  She is a Thai yoga therapist trained in Chiang Mai, Thailand and in America with Sudevi Linda Kramer.  Sylvia is a certified pilates mat and apparatus teacher, prenatal yoga teacher, Shamanic Reiki Practitioner and full body MELT Instructor.

She began dancing at age 5 at the Wise School of Ballet.  Sylvia studied dance at Meredith College in Raleigh, NC where she graduated with a B.A. in French and International Studies. Sylvia studied physical therapy at VCU/MCV and taught anatomy and physiology at Reynolds Community College in Richmond, VA.