

**Sarasvati Buhrman, Ph.D., RYT (500)**

Sarasvati has maintained a private practice of Ayurvedic medicine and Yoga Therapy since 1987, and is senior teacher and co-founder of the Rocky Mountain Institute of Yoga and Ayurveda. She did graduate work in genetics and received her doctorate in medical and psychological anthropology from the University of Colorado. She is also a certified biofeedback therapist and Cardiac Yoga instructor. A Yogic renunciate in the Vairagi order of north India, Sarasvati has practiced and taught asanas, pranayama, and meditation, and Ayurveda under the direction of her guru, Baba Hari Das, since 1976. She was trained in Ayurvedic medicine and asked to practice and teach by prominent Ayurvedic Physician, Dr. R.P. Trivedi. She has published several papers in the fields of Yoga, Ayurvedic Medicine, and Yoga Therapy.

Sarasvati is on the Advisory Board of Yoga and Health. She offers her expertise on matters of Classical Yoga Therapy and Ayurveda.