

Barbara R. Simon
Resume

Barbara Simon is a modern Yogi.

After receiving a BA Degree in Communication Studies from UCLA the desire to expand her consciousness led to participation in many self-development courses which also helped facilitate her career change to Yoga.

She practiced Siddah Yoga with Swami Muktananda and Swami Chidvilasananda. Barbara became a Massage Therapist at the Institute of Psycho Structural Balancing in 1983 and is a First-Degree Reiki Therapist.

Barbara's further studies in Hatha Yoga included training with many master teachers. She began teaching Yoga professionally and became partners with Billy Porter forming the Urban Yoga Institute. In 1988 Barbara founded *Barbara Simon's Urban Yoga Workout*, a couple of years after her certification as a Yoga instructor. Today she conducts group classes at the Michael Kohn art gallery and also works privately with clients.

In 1994 Barbara began studying the Toltec Masteries with don Miguel Ruiz. She became his apprentice and in 1998 was designated a Nagual Woman and Toltec Master Teacher and Mentor. Barbara used the fundamental Toltec principles of the Masteries of Awareness, Transformation and Intent as one foundation when creating her Toltec Yoga CD.

Today, Barbara is co-owner of RYS, Inc. an organization dedicated to achieving international recognition as an industry leader devoted to providing exceptional spiritual growth opportunities. RYS assists those who desire to live in peace, personal acceptance, awareness and love.