

# Sumanah Khan



Sumanah Khan found her yoga in 2012, after experiencing a six year journey with congestive heart failure. An 8:30 Vinyasa class shifted her trajectory as she went on to pursue her initial 200-hour certification at Yoga One Charlotte. Sumanah received an additional 200 hours with Baptiste Yoga Institute and is continuing her studies of alignment-based yoga under the tutelage of Rutu Chaudhari.

Currently, you can find Sumanah teaching weekly classes at her home studio Sanskrit Moon Yoga, and as a proud team member of The Dharma Project, a non-profit yoga organization that brings yoga to underserved communities in Georgia. What Sumanah has gained from yoga is an intuitive knowing and appreciation of her natural state. She has gained strength, grounding, connection, and community, peace, empathy, and presence. She lives in service of her practice, and she is privileged to share it with others. We are proud to welcome her class to the community.