

## BYTA NOW



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CONFERENCE  
JULY 6-9, 2017**

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**Our 2017 Kripalu**

## Teacher Feature JULY 2017



**Charlene Marie Muhammad** is a practicing Yoga Therapist, Clinical herbalist, Certified Nutrition Specialist and Licensed Dietitian. Her wellness practice, Urbanherbalist, is dedicated to cultivating a community striving to live as nature intended.

Charlene was first introduced to yoga by her mother 30 years ago. Her mom, seeing that her daughter was living a fast-paced New York City lifestyle, encouraged her to slow down and find a quiet place within. Falling in love with the practice, Charlene moved to Seattle where she deepened her studies in spirituality, natural healing and yoga philosophy. Her evolution as a yoga therapist has enriched her healing practice and support for her clients. Her knowledge of pathophysiology and the creative use of modifications are strengths she offers her students as well as keen observations of a student's anatomy and physiological movements.

Charlene's yoga therapy practice includes: yoga interventionist (teacher) for the National Institute of Arthritis and Musculoskeletal and Skin Disease (NIAMS) clinical study *Yoga as self-care for arthritis in minority communities*; and Certified Yoga 4 Arthritis teacher and mentor.



**Charlene Marie Muhammad  
YTT500**

**Location**  
**Columbia, Maryland USA**

**Yoga Teacher Training**  
The Yoga Center of Columbia, Columbia, Maryland (various teachers: Kathy Donnelly, Lucy Lomax, Roger Cole, Douglas Keller, Robin Carnes, John Schumacher, Max Strom)

Yoga 4 Arthritis, Baltimore, Maryland. Principle Teacher: Dr. Steffany Moonaz

**Style/Linage/Approach**

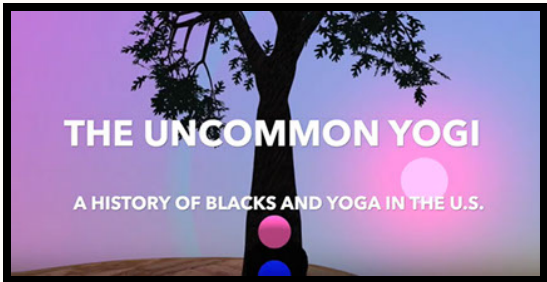




**BYTA Launches First National Initiative**

Violence has been a staple in the history of African people in America.

*Read more...*



**BYTA presents** a documentary short that traces the historical roots of yoga practice in black communities in the U.S.

*Read more...*

READ OUR  
**BYTA BYTES**  
BLOG  
**Speak Up & Speak Out!**  
*This month –*  
**"Reflections Into The Future"**

*In May 2008 two women sipped early morning coffee around a small kitchen table. Read more...*

**BACK TO TOP**

My teaching style is primarily influenced by Iyengar. I have also studied with Integral and Anusara teachers.

**Where I Teach**

Owner of home studio:

Community-based classes:  
Johns Hopkins Howard County General Hospital Wellness Center, Columbia, MD. I provide Gentle and Prenatal Yoga Classes.

The Happy Yogi Olney Loft, Olney, Md. I provide Therapeutic and Hatha II yoga classes.

**Contact**

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