

## David Bowen Yoga, Wellness & Work Bio

I was exposed to mind, body and spirit concepts in the early 70's as a Martial Arts student of Sifu Ken Lewis. I was introduced to yoga in 1972 and officially began Hatha Yoga training in 1973 in the Sivananda style of Yoga as taught at the Sivananda Yoga Ashram in the Bahamas. My mentor, Lois Seiler who introduced me to dance also taught me the basics of the Bikram style of yoga also know now as Hot Yoga.

I moved to New York in 1979 on dance scholarship's with the Alvin Ailey American Dance Theatre and Steps Studio. I continued Yoga studies at the Iyengar Yoga Institute of New York and Bhakti yoga at the NYC Hare Krishna Center. I was encouraged to visit India in 1984 by Swamiji where I studied meditation, yoga philosophy, Nada (sound) Yoga and Ayurveda in Goa, India.

I taught yoga and dance in New York and Sweden until I relocated to Tokyo, Japan in 1986 to open Broadway Dance Center and later join the Geki Dan Shiki Theatre Company. During my 10 years in Japan, I studied Zen Buddhism and taught a Hatha Yoga base fusion of Hatha, Sivananda, Ashtanga, Iyengar yoga along with Ayurvedic concepts that I now call The Pancha Yoga Method which is based on the principles of fives. (*5 spinal shapes, 5 base of supports, 5 principals of postures, 5 movements of Prana, 5 states of the mind, 5 dimensions of the mind, 5 sheaths/Koshas of the body, 5 senses, 5 elements, 5 base chakras and their 5 mudras, 5 vowels mantra sounds, 5 pairs of vital organs, 5 propers of a healthy life*)

I returned home to the Turks and Caicos in 1997 where I taught Yoga at a number of local hotels and gyms. In 1999 I formally studied with Yoga Master, Yogi Hari in Sampoorna Yoga and a year later took up residence in Ocho Rios, Jamaica as Entertainment & Wellness Manager with the Sandals Resorts, Grande Sport.

In 2002 I left Jamaica to take up a government post as Director of Culture with the Turks and Caicos Government. I continued teaching The Pancha Yoga Method at studios and major hotels such as the Grace Bay Club, Amanyara, Parrot Cay and the Hartling Group. I am currently a yoga instructor at KYN Movement, the former Retreat Yoga and Wellness Studio. I'm also a full time staff at the Grace Bay Club as the Wellness and Cultural Director.

Since 2020 due to COVID-19, I've developed a vibrant online Zoom yoga practice and teach a wellness concept for individuals and private sector companies called SOFEPIES. I am also working on the B.B.M.E.S Health initiative (Breath, Body, Mind, Emotions, Sprit) with plans on introducing it to the TCI Government to help with improving physical, mental and emotional health for civil servants and government employees. These well rounded wellness concepts along with the Pancha Yoga Method is for anyone wishing to further develop and deepen their existing wellness practices and for those looking to make that important transition from an unhealthy lifestyle to a healthier one by making common sense lifestyle changes based on Yogic and common sense principals.