**Naya Devi Professional Bio**

**Professional Profile**

I have devoted much of my adult life to the art and practice of transformational coaching because I deeply believe we are capable of far more than we realize. As a Life Mastery Consultant, certified by the Brave Thinking Institute, I am passionate about helping others summon the courage to dream boldly and live with intention.

As a transformational coach, speaker, and educator, I inspire and empower people to unlock their vibrant health and true potential, achieve outrageous success, and live a life they love filled with radiant energy and joy. Whether you want to deepen your relationships, ignite a career transformation, expand your freedom, or discover your soul’s passion, I walk alongside you with compassionate support and practical tools to help you say YES to your dreams and create a thriving, healthy, energized life.

My journey began in Seattle, where I co-founded the city’s first women’s gym and taught Physical Education and Nutrition at community colleges. These early experiences revealed how physical strength and movement reflect a person’s relationship with themselves and their potential. Over time, my passion for embodied transformation led me to study Feldenkrais® Awareness Through Movement and indigenous wisdom traditions, deepening my ability to help others find presence, grace, and ease while shifting limiting beliefs that block them from living fully.

Yet, my most powerful teacher has been my own experience living with a chronic illness. This profound challenge pushed me to explore what it truly means to know and accept myself, ultimately allowing me to step into my wisdom with authenticity. Michael Beckwith’s words, “Pain pushes until vision pulls,” became my catalyst for transformation. Navigating that threshold, I gained clarity of vision and took bold steps toward creating a life I love.

Today, I weave science, spirit, structure and soul into my coaching to help people heal what holds them back and step into vibrant, meaningful and aligned lives. I offer a proven, reliable, and repeatable system of transformation, one that unlocks the freedom to live fully.

I know firsthand how challenging transformation can be. I also know that the life you love begins with one brave YES.