



Mariko Hirakawa is an Internationally recognized **Yoga-Ayurveda Expert** with 26 years of teaching experience. She's the **founder of Visionary Yoga**, an interdisciplinary approach to **Peak Performance and Personal Mastery** that blends the ancient wisdom of Yoga & Ayurvedic Traditions with the latest research on brain science and personal development. She works with business leaders and entrepreneurs to create a highly attuned physical, mental and emotional state for optimal performance.

A former professional ballet dancer in New York City and an Ayurvedic physician trained in India, she bridges the artistic and the scientific as a Master Healer, Yoga teacher, and a trainer of leaders. She is the creator of the 30 Day Visionary Yoga Challenge, and an in-demand media guest who has appeared on **ABC7 News**, numerous **Yoga Festivals**, and a guest speaker selected to interview **Sri Sri Ravi Shankar**, one of India's great contemporary Gurus.



Mariko Hirakawa,
E-RYT, B.A.M.S.

As featured in:     **FOX** 



Inspirational & Engaging Speaker/ Insightful & Knowledgeable Media Guest

Mariko is a rare thought leader who bridges the worlds of spirituality, holistic health, fitness and business. Born in Japan, trained in India and based in New York City, she brings her unique blend of East-West perspective on how we as a human species can evolve to our Highest Expression.

LEADERSHIP & PERSONAL DEVELOPMENT:

- The Power of Adopting The Beginner's Mind: Fostering Innovation, Creativity & Harmony at the Workplace
- Heightening Emotional Intelligence Through Somatic Release
- Radical Alignment with your Purpose and Vision.

BUSINESS & ENTREPRENEURSHIP:

- Discipline & Freedom: Yogic Insights for the Entrepreneur
- Productivity Hacks with Soul: Peak Performance Lessons From the Yoga Masters
- Yoga & Essentialism: The Art of Narrowing Your Focus And Achieving Exponentially More

HEALTH & WELLNESS:

- Ayurveda: The Medicine of Self-Discovery
- How to "Read" the Energy of Food Ayurvedically
- The Highly Attuned Body: Creating Radical Alignment Through Yoga & Ayurveda
- Rejuvenation Revolution: 6 Essential Steps to Anti-Aging Through Yoga and Ayurveda

SPIRITUALITY:

- Yoga and the Art of Manifesting Your Dreams: Awaken the Inner Visionary and Take Your Dreams Off the Back burner
- How to Heal Negative Patterns and Burn the Seeds of Karma Forever

 [Instagram @VisionaryYoga](https://www.instagram.com/VisionaryYoga)



 [/c/MarikoHirakawa](https://www.youtube.com/c/MarikoHirakawa)





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Raves & Praise:

"Super guidance! She is a holistic healer, focuses on mind body spirit and knows to create an incredible class. OUTSTANDING. LOVE HER. (PS. she is absolutely stunning and lives by her practice. She radiates.)"

~Rateyourburn.com

"Your help over the past year has been of immeasurable benefit to me...Your instruction, rooted in centuries of teaching and learning, and masterfully delivered, is exactly what I needed."

Getting me moving, getting stronger and more flexible, paying more attention to how I breathe, meditation, learning pranayama techniques ... I'm more thoughtful of what I eat. I can't thank you enough."

**~ Harold Boff,
Composer/Musician**


"You're with a true-blue authentic professional. She's definitely 110% capable of bringing that to the table, teaching and embodying that. That's worth it'self – it's hard to find, because I've been on retreats before. She takes the time to research, to really dig out the unique gems wherever she goes. "

**~ Karin Prerez,
Adobe consultant**

Book Mariko Today!

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