



# Dana Maxwell, DO

I am a certified Hatha and Kundalini yoga teacher and a chief resident physician at The Ohio State University Family Medicine Program. I found yoga when I was 14 years old. My career before finding medicine was as a ballet dancer. I had injured my back while training and my friend suggested I try yoga. I started going to yoga daily and, not only did my back pain resolve, but I fell in love with the philosophy behind yoga and its teachings. I did my first teacher training in Hatha Yoga when I was 18 years old and was dancing with Ballet Austin in Austin, TX. Shortly after becoming certified, I retired from ballet secondary to an injury, and yoga became my primary focus. The following year, I did my second teacher training in Kundalini yoga to focus more on meditation and breath work. I have been teaching ever since in some capacity, whether full-time in the various cities where I have lived or free classes for medical students and residents after lectures the past seven years. Yoga is my way to stay balanced and centered.

I'm happy to share this teaching with other family physicians. Here are three videos I created for OAFP Wellness Week:

- 30-Minute Lunch Time Yoga Session
- Meditation for a Calm Heart
- Simple Stretches to Incorporate Into Your Work Day.

I want to give a special thank you to LIT Life Yoga Studio in Columbus, OH, my second home for the past three years of residency, for allowing me to use their space to record these videos. I hope you all enjoy this series!

