Stanford

Xin (Melody) Liu

YogaX Program Coordinator, Psychiatry and Behavioral Sciences

Bio

BIO

Xin 'Melody' Liu, MBA, RYT500, is a Program Coordinator with YogaX at Stanford Psychiatry. A graduate of the YogaX 200-hour and 300-hour teacher training programs and currently enrolled in the yoga therapy training program, she is a therapeutic yoga practitioner with a professional background in psychology research and business consulting.

Her approach is grounded in the understanding that wellbeing begins with turning inward, reconnecting with one's authentic self, and recognizing an inherent wholeness, and that what individuals cultivate internally extends outward to their communities as compassion and connection. Drawing on Integrated Holistic Yoga and mind-body science, she offers an integrative approach that incorporates therapeutic yoga, breath work, contemplative practice, and lifestyle medicine.

At YogaX, she provides student and community support, teaching, and mentorship.

LINKS

- YogaX website: https://www.yogaxteam.com/

Professional

PROFESSIONAL INTERESTS

Integrated Holistic Yoga | Yoga Therapy | Psychotherapy | Psychology Research | Compassion | Breath Work