

## Professional Bio

Whit Hornsberger (Vancouver Island, Canada) is a student and teacher of the wisdom traditions of Theravada Buddhism and Classical Yoga. A former athlete, Whit found the path as a result of a career ending knee injury and the subsequent emotional and mental suffering inherent in losing one's (supposed) self-identity and self-worth.

Integrating over 25 years of knowledge from his degrees in primatology, anthropology, psychology and yoga therapy with 20 years of dedicated practice and 16 years of teaching, Whit has developed a unique spiritually scientific approach to the understanding of the human experience.

His daily practice and teaching methods stem from the Buddhist meditation traditions of Mahāsi Sayadaw, Ajahn Chah and Ajahn Buddhadasa, the traditional yoga practice of Vinyasa Krama as taught by Sri T. Krishnamacharya, and Yin Yoga.

First initiated and invited to teach in the Buddhist tradition in 2015, Whit continues to pursue his insatiable passion for truth and understanding by way of retreats amongst the courageous monastics in the Buddhist monastery of Mahāsi Sayadaw in Burma (Myanmar) and solitary retreats in the Buddhist monastery in Europe.

A passionate advocate of traditional teachings, Whit expounds the ancient wisdom of these lineages in a relevant manner, making them readily accessible to students at every stage of the path. Since 2013 he has led more than 80 international retreats in Europe, Canada, Mexico and Costa Rica.

A lover of surf and nature, Whit offers international and online classes, workshops, courses, retreats and trainings and resides at his home on Vancouver Island, Canada with his beloved wife Gracia Guerra, a respected teacher of Kundalini Yoga from Mexico City, and their young son, Isaiah. Whit teaches throughout Europe, Canada, the United States and Mexico.

“The great Burmese Master Mahasi Sayadaw’s approach to vipassana meditation is very clear, very precise and ‘to the point,’ faithfully adhering to the method of the Buddha in his own successful search for Enlightenment. Whit Hornsberger’s experiences of intensive monastic meditation in Burma, combined with his studies of Yoga and other forms of Eastern Spirituality, have given him a unique ability to communicate to Westerners a classical approach to vipassana meditation, one that is deeply rooted in the profound Burmese tradition.”

— Lama Rodney Devenish

