



About Buay Tang

Buay Tang is a South Sudanese American who came to the United States in 1998 as a refugee fleeing a war-torn country. His family of seventeen kids found themselves in the city Omaha, Nebraska. Growing up, he moved around a lot like a military child bouncing back between Nebraska & Colorado. Times were not always easy for Buay, but he learned at a young age that with perseverance and hard work, life can be what you dreamed it could be. In 2012, when the world was supposed to end, his life had a new beginning. The new journey of self-discovery started by spending plenty of time in nature, receiving energetic downloads which guided him to the path of Ayurveda.

It was amazing when he found the school MIU, which focused on the teachings of Ayurveda which offered a very intensive master's program. During his time at MIU, he immersed himself in the program and knew that this would be his life-long path. Once he finished his degree, he rushed to Los Angeles where he started his practice, and is excited to share the healing benefits of this ancient medicine. What is interesting, he understands that once a person goes on a typical American diet it seems this is where several health issues start. He has even witnessed this with his own family, as they moved here from his home-land and how this diet doesn't take long to add stress to one's whole body.

Now Buay is excited to team up with Karen Russell and the Yoga NoHo Center to present his Ayurveda Series which will transform so many people in every aspect of their life. Join him at the Yoga NoHo Center and also look out for his new self-help book that he is collaborating with Karen so that one can easily start their Ayurveda journey.

His Ayurveda Lecture Series compiles his knowledge from the master's program. It is a condensed body of work which offers 15 lectures each an hour long. Providing a comprehensive holistic approach to Ayurveda for you to easily incorporate into your life.