



Smitha G. Mallaiah, MSc, C-IAYT

Senior Mind-Body Intervention Specialist, Integrative Medicine Center

Smitha is a Senior Mind-Body Intervention Specialist at the University of Texas MD Anderson Cancer center's Integrative medicine Program. She has a master's degree in yoga therapy and is also a certified Yoga therapist. Smitha has been practicing yoga therapy for specific ailments for over 18 years at various hospitals and clinics. She brings rich and diverse experience as a yoga therapist working with different populations. She has spent the last decade at M D Anderson Cancer center working with hundreds of cancer patients. On the clinic side she works alongside with other integrative medicine clinicians using yoga therapy with inpatients and outpatients going through cancer, from diagnosis through end of life. On research side, she is involved in developing and teaching yoga research interventions for different cancer populations, like breast, lung, brain, and head and neck cancers. She also works with couples/caregivers going through cancer journey using yoga therapy. Smitha continues to teach one on one and group classes for our patients and caregivers. She also mentors many yoga therapists. She has co-authored yoga publications and has presented her work at national and international conferences on the efficacy of yoga in cancer care.