India Maynor, a native of Gary, IN, began her training at Emerson School for the Visual and Performing Arts under the direction of Larry Brewer and Michael Davis. While attending Emerson, she studied at South Shore Dance Alliance, a performance dance company, throughout high school. India attended various summer intensives for training such as South Shore Dance Alliance, Ballet Chicago, Deeply Rooted Dance Theater, and the Alvin Ailey School in New York.

India graduated from Indiana University Bloomington where she received a B.F.A in Contemporary Dance 2017. She has performed various chorographic works by Larry Keigwin, Marlayna Locklear, Desmond Richmond, Roger Jeffrey, Andrea Miller, and Kyle Abraham. After undergrad India moved to Dallas, TX for a two-year Internship with the Joffrey Ballet School working in dance administration. During her second year of internship, she became a company member of B.Moore Dance (a modern dance company). June 2022, India moved home to Gary, IN where she's now teaching and performing locally.