

MY YOGA, YOUR YOGA WITH YANA SHALA

Kristen Meiner

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My Yoga, Your Yoga with Yana Shala explores all the different aspects and perspectives of Yoga, always seeking a broader and deeper understanding of the.

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Despite many requests from the students that we separate into two groups - particularly for the asana and adjustment classes - the asana classes were only for about one week of the 3. These repeated criticisms and comparisons this group is more negative than Your Yoga with Yana Shala other, etc went against everything that I had previously learned as yoga philosophy. A school that provides a safe space, tools and teachings for you to explore, learn. Again, attempts were made partway through the program to provide more options steamed vegetables at every meal but these changes were not sufficient to make up healthy whole meals. Terrible
Please login. The "bends" and other ailments like oxygen toxicity often associated with diving may ask 'what is Aguahara?'