



I prefer to teach the bigger picture of yoga that includes hatha yoga postures, pranayama, the astral body of chakras, mind and energy, mind control and yoga philosophy.

I have a very sweet beginner series of 6 sessions that takes one thru an experience of these levels of our existence.

HATHA YOGA

Classes in the basic practice of yoga postures, breathing techniques and methods to concentrate the mind leading to deep relaxation.

RAJA YOGA

A study in awareness of the thinking mind that offers a comprehensive method of managing waves of thought to silence the mind and experience inner peace.

YOGA PSYCHOLOGY

An exploration into the working of the mind, What is mind? How does it work? How to make it work for us to awaken dormant creative energies within to fulfill life's purpose.

YOGA PHILOSOPHY

A study of the ancient teachings of Samkhya Yoga Philosophy that informs on all levels of human existence from the cosmic to the physical.