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In part 1 of this 2-part series, Shannon will take you through the steps that helped her grow her student base. Beginning with asking what is your ideal yoga class size to being patient and consistent as you build your students' trust, Shannon shares 6 areas to consider with six actionable steps.

Podcast - The Connected Yoga Teacher

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Ashtanga Vinyasa Yoga is a style of yoga codified and popularized by K. Pattabhi Jois during the 20th century which is often promoted as a modern-day form of classical Indian yoga. Ashtanga means eight limbs or branches of yoga mentioned in the Yoga Sutras of Patanjali, of which asana or physical yoga posture is merely one branch, breath or pranayama is another.

Ashtanga vinyasa yoga - Wikipedia

Thank you so much to the amazing group of YogiWinos who joined me for this intimate and peaceful evening. Hugest of thanks to all vendors who donated prizes and to ENiid for sharing her angelic voice with us!!

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called "shankhaprakshalana" (SP). I heard about this technique almost fifteen years ago when I was trying to find a yogic way to help me with my constipation problem.

My experience with Shankhaprakshalan (Deep Colon cleanse

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2018 FIFA World Cup - Wikipedia

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