

Imparo Lo Yoga

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Saturday's flow class at Balance Yoga combined new and experienced TriYoga teachers and students. The evening was celebrated with a delicious vegan dinner at Diana's home and later with unique sounds of chanting, Kaliji playing the harmonium, Kara on the guitar and Ned on the digerido. The visit was short but very sweet.

TriYoga on Long Island, NY | TriYoga.com
Our 2014 Best Yoga Studio is still absolutely exceptional— it's the friendliest yoga studio in New York. The talented, professional instructors are welcoming of all students, longtime regulars and brand-new yogis alike, and offer as much or as little hands-on adjustment as you're comfortable with. Read More.... The Village Voice

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Ea un libro muy ilustrativo h claro sobre los principios del yoga y su práctica. Cuando lo compré pensé que solo me iba a enseñar: un par de asanas, pero me sorprendió gratamente al mostrarme varios aspectos de la vida del yogi h su filosofía, pasando por sus orígenes, técnicas de respiración, beneficios de su práctica y hasta consejos de alimentación (pasando obviamente por la ...

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