

ON DEMAND | 90 MINUTES

Rise & Shine

A Morning Yoga Session

Learn morning yoga practices that support your body's natural energy flow.

Your body's energy system, where your life energy (Qi) circulates, is described in many ancient spiritual teachings and traditions such as Yoga, Qi-gong and Tai Chi.

Imbalances and blockages in your energy body is caused by everything from emotional and mental stress to cellular memory and ancestral programming.

As you establish a regular energy body yoga practice you will get a better understanding of how your energy flow impacts your health and well-being throughout life.

The session ends with meditation.

I use Taoist yoga practices in my teachings. They are simple and easy to learn for most people, regardless of age and health condition.



Caroline Yazı | Holistic Life Coach

I offer inspiration and support for a holistic lifestyle to motivated individuals and groups.

www.carolineyazi.com