

YOGA OF DEVOTION DVD

RELEASE DATE: NOV. 1ST

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This DVD brings together the physical practice and the spiritual rejuvenation in an effortless flow honoring the best within yourself and in the world around you. Get in touch with your intentions and carry them into your daily life, co-creating on the mat. Find release in the hamstrings and ligaments that are holding life's experiences in them. Find a new way to let go and enjoy the feeling of well being everyday. Yoga of Devotion is a tool imparted to me to share with you. Buy the DVD and begin to use the tools to your advantage in your life.

It's bonafide spirituality on the mat!

