

Download Love Food Yoga Celebration Mindful

Talks, tours, performances, and more at the Smithsonian's museums and Zoo. Studio Manager - (she/her) I have managed YogaOasis since 2000, and have been teaching yoga since 2007. In the past 19 years I have studied primarily with Darren Rhodes, Elizabeth Little, Mira Shani, and Christina Sell. 108 Pack. The 108 Package includes premium entry to the complete mindful triathlon (5K run + yoga + meditation), plus: A Wanderlust tote bag containing a Wanderlust 108 T-shirt and a fanana. RYT500 Reiki Master. Angela became drawn to the benefits of a regular Yoga practice in 2003, after discovering its benefits in helping one deepen their understanding of the Self, achieve Balance and Well-Being. - Love Food Yoga Celebration Mindful