

Yoga For Real Life By Maya Fiennes

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It's yoga... for real people... for real life... for real results

Welcome to Yoga for real! We often think of yoga as something celebrities do... or super-fit people who look like models or dancers... or people who have all the time

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Available in: DVD. This Kundalini yoga program incorporates breathing exercises, inspiring mantras and personal stories, and chanting. ~ Tracie Cooper

Christine noonan yoga - yoga for real life, toronto

Christine Noonan is a Toronto-based yoga instructor who is focused on making yoga real and accessible for all individuals. Visit this page for her classes.

Class schedule | yoga for real...

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Maya fiennes - kundalini yoga for real life

Maya Fiennes has combined her talents as a successful classical pianist and performer with her upbeat personality to create her own unique style of yoga and

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The effervescent, charismatic Maya Fiennes introduces her method of Kundalini yoga, shares her life story, and reveals the secrets that have helped her and her

0:42

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as well for life. After all, yoga isn't meant to be separate from the rest of your life. "It's easy for me to start spinning if I don't pay attention.

38:53

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Maya Fiennes combines her talents as a successful classical pianist and performer with her upbeat personality to create a unique style of Kundalini yoga.

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Award-winning Kundalini yoga teacher, Maya Fiennes, shares with you her secret to happiness, energy, and health.

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In Yoga for Real Life, acclaimed instructor and classical pianist Maya Fiennes combines movement, breathing and chanting to energize the body and relax the mind

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Jul 14, 2011 · Visit my Facebookpage <http://www.facebook.com/MayaFiennes> if you have questions or feedback. Sat Nam

Maya fiennes shows you "yoga for real life" / fitness

Originally a musician, Maya Fiennes is a yoga enthusiast who has practiced various forms of yoga for years. In 2003 and 2004 she decided to train to become a

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Yoga For Real Life Paperback. The effervescent, charismatic Maya Fiennes will do for relaxation and yoga what Nigella Lawson did for food and cookery. In Yoga for

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