



Bandha, Mudra, and Dristhi

Description

The Business of Teaching

In this lesson, we introduce considerations related to the business aspect of yoga teaching.

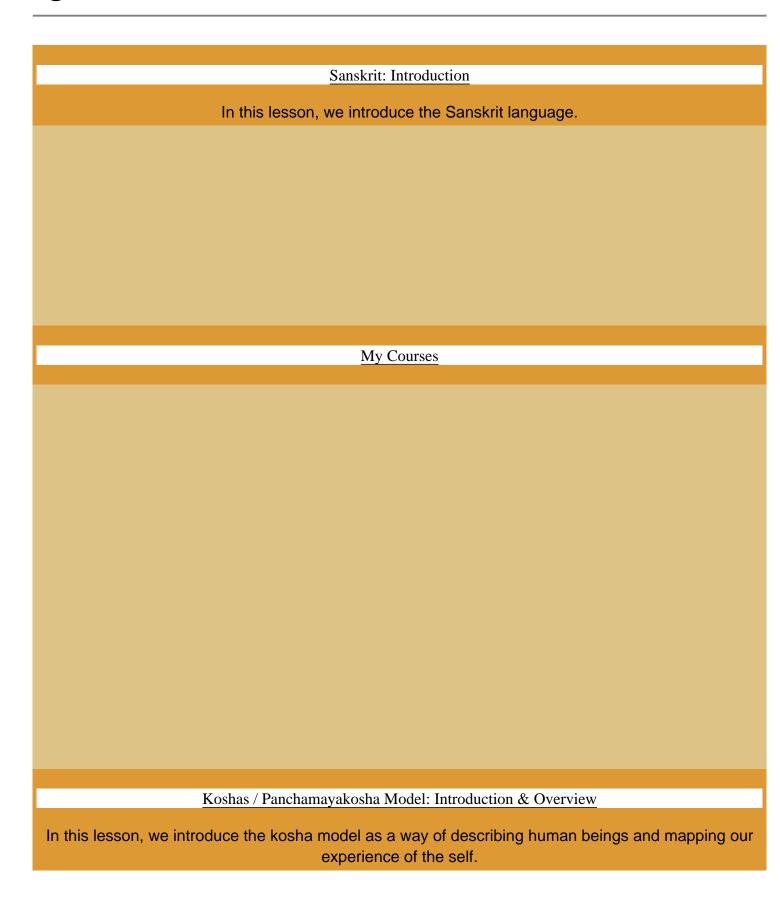


<u>Purchase</u>
Illiani Dragaryaga
<u>Ujjayi Pranayama</u>
In this lesson, we systematically present Ujjayi Pranayama.



Anatomy of the Spine: Spinal Regions & Vertebrae	
In this lesson, we introduce the anatomy of the spine.	







History



Origins & Sources of Yoga In this lesson, we introduce the source texts of yoga.
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Subtle Body Foundations



michaeljoelhall