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Description

Practices to enrich your Practice.

1000â??s of Hours of Ashtanga Education

Join Ashtanga Tech!



Pay

Hi, Iâ??m Michael.

Ashtanga yoga can be overwhelming.

Let me help.

Iâ??ve been teaching yoga professionally since 2007. I specialize in Leadership and Resilience using Yoga Systems. This is a collection of my best resources, notes, and courses.

Iâ??m a level 2 authorized Ashtanga yoga teacher, personal trainer, and functional range conditioning movement specialist.

Iâ??ve worked one-on-one with thousands of students, studied and taught all over the world, and Iâ??m just as passionate today as I was over 20 years ago, when I first started practicing.

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Adaptation



Functional Range Conditioning



Bandha, Mudra, and Dristhi



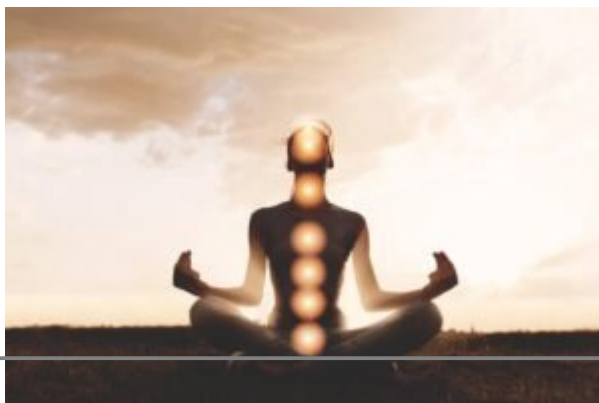
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Breathing Foundations

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