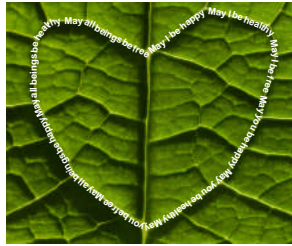


Yoga & Yoga Nidra Meditation
Manifestation
Transformation

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Offered in the Fishkill / Poughkeepsie area since 2008:



Therapeutic approach to Yoga
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Yoga & Yoga Nidra Meditation: focusing on a therapeutic approach for all fitness levels, as well as relaxation

Manifestation: incorporating deep breath, visualization, and Theta Healing

Transformation: helping move towards a life full of beneficial habits, spiritual connection, ease, and happiness

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Testimonials and session details: www.YoManTra.com

Petra Mennell, MS PhD
500HR Kripalu Yoga Teacher
YoManTra @ gmx.at
Tel. (845) 297-0340