

WHAT IS YOGA4SOUL?



be a positive soul model

The goal of Yoga 4 Soul is to create a non competitive space that embraces all people in a spiritually enlightened atmosphere. This goal is achieved by:

Exercising the physical body with three forms of movement:

Cardiovascular, resistance, and flexibility training to maintain optimal strength and grace.

- Utilizing yogic breathing so that your yoga practice does not become superficial exercises; instead you will be able to tap into the radiant nature of your core body and be brought into meditation.
- Developing a mind that can tune out negative thoughts and tune in peaceful vibrations so your intellect will be as sharp as a razor.
- Embodying an open heart and soul full of unconditional love and compassion resulting in a life filled with supreme peace and happiness.
- We will attain these enlightened qualities by regularly seeking yoga wisdom. Yoga4Soul teaches that first we become silent, second we listen, third we reflect, fourth we practice yoga postures, breath exercises, chanting uplifting words, self discipline, selfless action, meditation, study, and finally we teach others.