

Download How To Maximize The Power Of Yoga

To make the most of one's brain, it needs to be exercised and nurtured, just like every other muscle of the human body. Synapses – points of the brain connections – have to be created and conserved for the brain to stay alert and healthy throughout adulthood. Kokoro Yoga, by New York Times bestselling author and former U.S. Navy SEAL Mark Divine, is an integrated physical, mental, and spiritual training, designed initially for the nation's elite special-ops soldiers and now taught to anyone seeking to develop the heart and mind of a warrior. Spira Power Yoga studio has two locations. One in the heart of the Admiral District of West Seattle. Our second location in Issaquah, right off of I90 at 1135 NW Gilman Blvd. Spira is owned by Dora Gyarmati, her European heritage and scientific background created a unique style. Welcome to Yoga Harmony - the only infrared heat yoga studio in Nashville. We offer healing yoga for everyone with Hot Yoga, Vinyasa, and Restorative Yoga.