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In The Style Or Tradition Of Yoga They Identified Themselves With. Respondents Listed A Variety Of Yoga Styles Or Traditions, As Follows: Hatha (16%), Vinyasa (10%), Iyengar (7%), Anusara (6%), Ashtanga (5%), Kripalu (5%), And Flow (3%). The Authors Believe That The "Hatha" Designation Feb 25th, 2024
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COURSE Earned Her Teacher's Certificate At The

Fremantle Yoga Centre In 2006 And In 2012 Became A

Level 2 Certified Teacher With Yoga Australia. Jane Has

A Special Interest In Applying The 8 Limbs Of Yoga To

Her Own Practice And Teach-ings. She Believes The

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