

yoga and spiritual retreats pdf

Yoga teacher & Thai Yoga Practitioner Arantza was raised in the Basque region of Spain and has traveled the world. She is a graduate of Sivananda Yoga Vedanta Centre in Kerala and studied yoga with BKS Iyengar and Dynamic Yoga with Godfrey Devereux.

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Retreats | The Life Centre

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Kripalu Center - Wikipedia

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