

4TH WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

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Beyond the Asana: 3 Mindful methods to awaken the energy in me

So many believe Yoga is just about the physical Asana and try so hard to get a pose because “It looks so cool and can get so many likes on Social Media.” However, Yoga begins the moment the awareness shifts from getting a pose right into just being. Through the conscious practice of Pranayama, Stillness. Being, we will tap into the unlimited power that we all have within.

Biography

Claudia is a Twinflame reincarnated into this world to show humanity the meaning of unconditional love. A Reiki Master with multiple Yoga Certifications, she guides her students to understand that love starts within; accepting oneself, loving oneself and being truthful to one's experience. "Love is what unite us all; not just human beings but every single living being on our Mother Earth. Love starts with YOU; loving yourself, accepting yourself and being yourself. It was the practice of Yoga that showed me the way to my truth, to my core, to my light."

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