

4TH WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

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Adri Kyser

Inner Beauty Wellness, USA

Yoga for physical, mental & emotional health

Over the past 10 years, the practice of yoga has continued to increase in popularity worldwide due to the diverse physical, mental and emotional benefits people experience. Unfortunately, the true essence of Yoga is being lost with the overemphasized trend of concentrating only on the physical aspect of the practice. My goal is to re-introduce, through my teachings, the concept that Yoga is an ancient practice that seeks to yoke, unite and bring together all aspects of oneself for a complete mind, body, emotional health and overall wellness. While some of the most obvious benefits of yoga are stress relief, increased flexibility and a general sense of calmness, a regular practice can greatly benefit your work, relationships, brain health, cardiovascular health, sleep patterns, even your mood. I personally used to suffer from chronic back pain that lasted over a decade and I was able to heal myself naturally with “The right yoga practice, meditation other holistic practices”. This combination helped me achieve overall physical, mental and emotional health and balance. My mission is to educate and help others find relief from pain, improve their moods, reduce stress and even more through the complete practice of Yoga.

Biography

Adri Kyser is an International Yoga Teacher, Holistic Wellness Coach, Intuitive Alchemist with over 15 years of experience. She is the founder and creator of Enlightened Alchemy™ and Inner Beauty Wellness. She was born and raised in Caracas Venezuela, where she went to Law School for a few years before moving to the US. Her caring, unique and authentic approach to yoga, coaching, wellness stem from her personal experience in coping with chronic back pain for over a decade. She has received an extensive and growing list of certifications in multiple holistic and wellness modalities helping her clients find physical, mental and emotional balance. In addition, she has been featured in several incredible fitness and wellness brands. Her expertise has appeared in a number of publications both in print and online.

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