
HD Online Player (Vicky Kylie NEW! Freeman Video)

my name is karry walker. i am a newly certified yoga instructor in vermont and soon to be online. i have always had a passion for teaching yoga! i recently began my teaching journey which includes groups and private sessions for all age groups. i have also started a small blog page on my website to help students feel more comfortable with my teaching style. i am very easy going, approachable and want to offer every student the opportunity & understanding i have grown to appreciate of how to live a stress-free lifestyle through their yoga sessions. whether you are looking to increase your flexibility, strengthen your body, rehabilitate those strained muscles, reduce stress, achieve better balance or a combination of all of the above, my goal is to help each and every student accomplish just that! we need to learn to yogi in the moment.. and have fun with it my website: thebadassyogi.org

i discovered yoga 3 years ago when my daughter went to college. i felt lost and needed to be doing something to fill the void, she suggested yoga with adriene. i started with the revolution series to try out and completed the whole month. i haven't looked back! i practice yoga daily along with meditation. i had seen yoga teacher training classes online and in yoga studios over the years, but felt i was too new. recently i wanted more information regarding yoga philosophy and buddhism so i signed up for a yoga teacher training. i am a new teacher and enjoy incorporating the yamas & niyamas along with chakras and ayurveda! for me, yoga is about finding what feels good in your body, not what's in magazines and on instagram. i like to combine vinyasa with hatha yoga while maybe throwing in some yin yoga but always touching base with the chakras. if time allows i will add some kundalini meditations as well! here.

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