

Yoga and Your Health as a Music Educator

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Orchestra director and practicing yogi

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200RYT

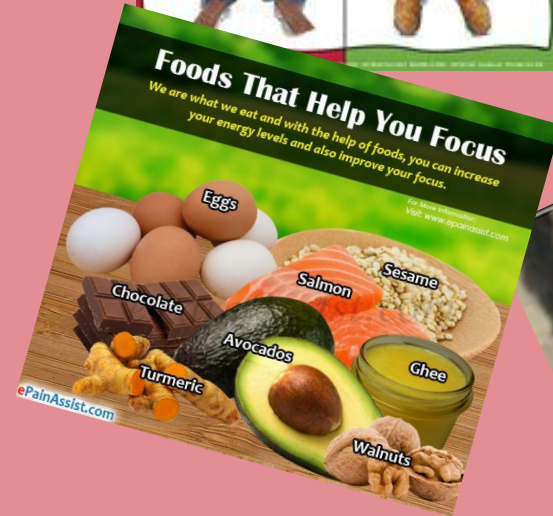
Body. Mind. Spirit.



CMEA 2024

BODY

HEALTH



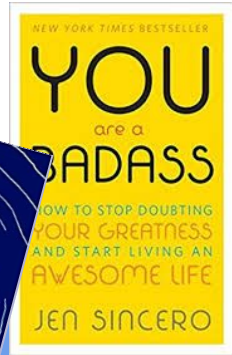
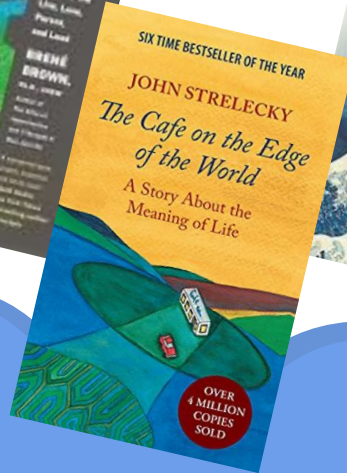
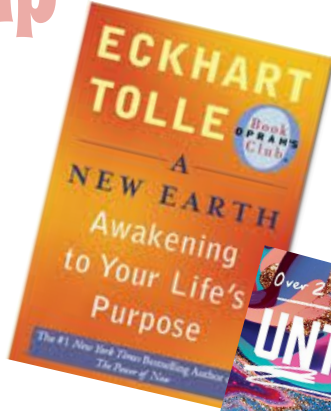
BODY

YOGA Definitions And Poses



MIND

Mental Health Self Help



MIND

Intellectual Stimulation

Cultural Explorations



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SPIRIT



SPIRIT

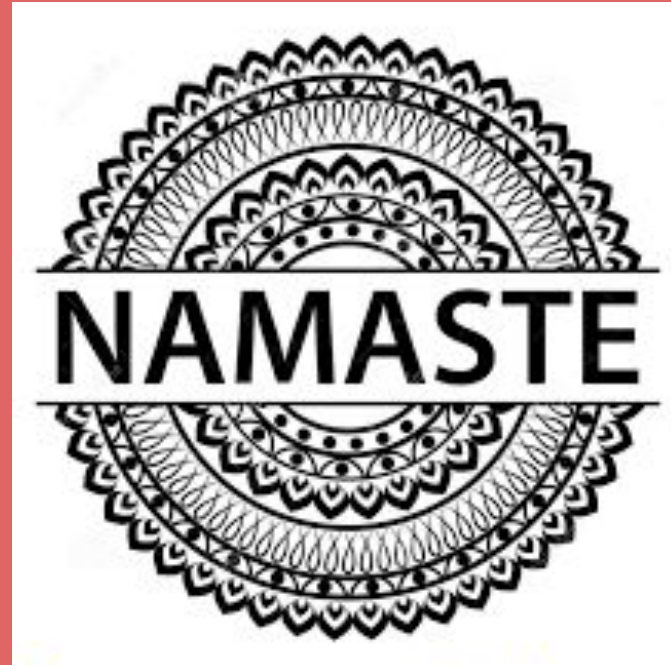
Breathing = Prana = Life



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Thank You!