

Inhale LOVE~ Exhale GRATITUDE ~

About Celine Chen ~

I discovered yoga in 2011 and received my 200-hr yoga therapy certification in 2012. Life works in magical ways and the most wonderful moment for me was when I decided to take this yoga path. The yoga practice has gradually calmed my heart and brought me peace that I have searched for all my life. It truly changed my mind and body!

I used to have all kinds of pains in my joints and muscles due to genetics and lack of exercise. It's hard to imagine if I continued the life I had, what condition I'd be in physical ability now. Through constant discoveries, I learned about how my body works and the past bad habits that caused problems for me. And every discovery is an A-ha moment for me! It's like the fog dissipates in front of you and you finally see what it is. I encourage people to take yoga because there are just too many benefits if it becomes a regular practice.

Being born in Taiwan, I have an advantage to dive into yoga with a background of understanding Chinese medicine. This connection is helpful for my students because we could have strategies created for certain aches and pains to reach their health goals.

I am very blessed with having yoga in my life and I am excited every day for the opportunity to bring it to other people's life. Thank you for allowing me the pleasure to be here to support your yoga practice.

療癒瑜珈 強化全身的氣血循環，循序漸進地讓身體覺醒，達到身心靈的真正平衡。
活力瑜珈 連貫的動態體姿並結合強而有力的呼吸法，鍛鍊身心與呼吸。
對鍛鍊心肺功能、體力與耐力及有助益，讓身段更輕盈、強健、調和、靈活柔軟。適合所有運動習慣的一般人



Contact: celinew2012@gmail.com
if you are interested in taking yoga with her.
Please feel free to check on
<https://www.facebook.com/Yogabyceline/>
for regular updates/posts/newsletters

Free Workshop on 9/16/2018

At: 2:00-2:50 Dance Studio

You will find out:

- The benefit of breathing
- Practice breathing techniques with me
- My experience of yoga
- Misconceptions about Yoga
- If Yoga is for you

Regular Yoga begins on 9/23 Please see email for details