

Mp3 Mitchel Bleier Yoga - Asana One

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This is a masterful yoga class with beautiful background music. 8 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: With Music Details: Mitchel Bleier, internationally recognized yoga teacher, known for his immense knowledge on all yoga topics, especially asana, philosophy, therapeutics, and adjustments. He teaches with passion and offers a kind, generous, humorous, easy, and sophisticated approach. Mitchels classes are an inspiring vinyasa flow incorporating clear alignment direction, deep breathing, and a playful narrative of Indian philosophy and myth. Mitchel is a Senior Certified Anusara Yoga Teacher. He has studied closely with John Friend, founder of Anusara Yoga, since 1999. From 2000 2003, Mitchel traveled the United States with John as his assistant and apprentice. He is only one of two people to ever have such a privilege. He studies closely with Douglas Brooks, both at the University of Rochester and privately since 2001. In addition, he lived in India for six months where he studied with Pattabhi Jois. To learn more go to mbyoga.com.

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