

KRIPALU YOGA

THE YOGA OF LIFE

KRIPALU YOGA



RESTORING THE BODY
TO BALANCE AND



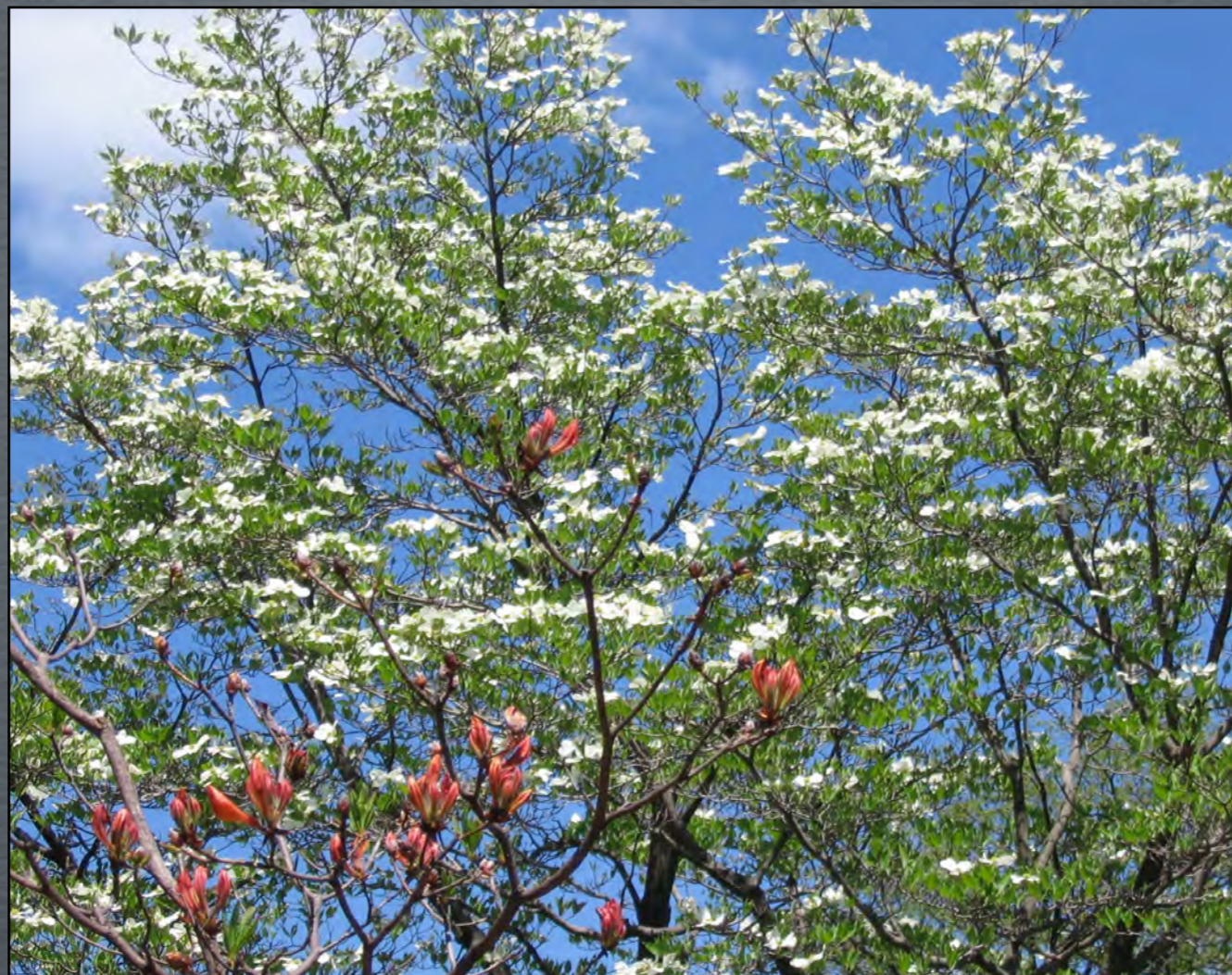
ALIGNMENT



PROMOTES
CONCENTRATION



MEDITATION IN MOTION



YOGA FOR SELF- DEVELOPMENT

INSPIRE
YOURSELF

KRIPALU YOGA

CREATIVE
SEQUENCING
BREATH
BALANCE
EXPLORATION
AND INQUIRY



CREATED BY A KRIPALU YOGA
TEACHER

A KRIPALU YOGA TEACHER

ROSE MARY HERRERO

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