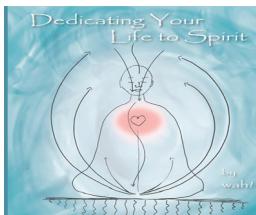


# wah!

## yoga & self-healing



Get ready to move, breathe, and deeply relax! Wah! teaches yoga and plays live music at the end of class. As described in her book *Dedicating Your Life to Spirit*, Wah! has taught to athletic, handicapped, the young and the old, the well and the ill, offering tools for wellness and self-healing. Her teachings come from Anusara, Bihar, Kundalini Yoga and various healing traditions. Breathwork, moving postures, self-healing practices, deep relaxation. All levels welcome.  
[www.wahmusic.com](http://www.wahmusic.com)

