

Download The Permission To Be Yourself A Simple Path To An Authentic Life

One-Yoga is a Registered Yoga School. We provide certified yoga instructor training, Hatha / Vinyasa / Therapeutic yoga teacher training and 200 & 500 Hr Yoga Teacher Training intensive courses. Merry Christmas! I just want to say thank you for doing what you do. What you do has helped me through so much. I'm young and I'm really trying to turn my life around; to be the best me I can be. Editor's Note: I am compelled to preface this essay with this: I made a promise to my first husband I wouldn't talk about the details of our relationship, the fallout, the story behind our divorce (and everyone involved) on this website. I honor that promise and respect his and his family's privacy, and ask you [...] Learning how to love yourself can be pretty f*cking hard. I'm going to be realistic here. While many articles, books, speakers, and teachers paint an ethereal glow around self-love ... that only occurs AFTER you have gone through the down-and-dirty inner work and soul-searching. Immerse yourself ...