Yoga has changed my life!  

Amber’s Story:

Yoga has changed my life! I'm more conscious of humans versus races, foods versus food like products, being cognitively aware of how a simple breath can totally transform any situation, and that being who I am is exactly what is meant to be. The love of self and others translated through yoga transcends religion, creed or nationality, simply put, yoga and breathing is what brings us together on all plains. You might say "well yoga is not for me", but you're practicing yoga now just by breathing my friend. Namastè