

Munselling - Yantra Yoga in Kyoto and Tokyo in Autumn 2019

Date : October 3, 2019





The Yantra Yoga Intensive Course Series in Kyoto & Tokyo Autumn 2019 with Oni McKinstry, an authorized Level 3 Instructor from Australia

Held in Kyoto 13 – 16 September (4 days course) and Tokyo 21 – 23 September (3 days course).

Experienced and beginners, old and new, together learned and practiced Yantra Yoga and

Harmonious Breathing intensively with joy in a totally relaxing environment, in lovely autumn days.

Admired not only for her superb techniques but also precise explanation and passion for teaching, Oni certainly brought huge benefits to the Japanese community.

May our beloved Master's teaching and the community remain forever!



