

Yoga

Julia
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yoga is all about peace, and learning to be true to your self. I love yoga because it helps me become a better person. So far, after only ¹ whole session of yoga, I have said good by to the bad, to make room for ~~the~~ goodness. The teacher is really helps alot! And I really thank her for every thing that she has done. She said that her goal in life ~~is~~ to make a diffrence in some ones life, well she has, in mine.

Thankyou!