

# Teacher Mingli

*You're never too early or too late to connect to your body!*

Our gentle Teacher Mingli has been practicing yoga for more than 10 years. From her first lesson, she was amazed at how different poses can be executed with so much grace within the perimeters of a yoga mat. Teacher Mingli has years of experience conducting children yoga sessions in schools and studios. Though her sequences are robust, she uses a gentle and creative approach to help children explore poses and breathing exercises. She is especially inspired by young children who are open to learn new things.

2009: Certified 200 hrs Hot & Hatha Teacher Training with Copper Crow

2011: Yin and Restorative yoga training program with Paul & Suzee Grilley

2013: Certified 250 hrs Hatha Yoga Teacher Training course with Master Suresh in collaboration with Kaivalyadhama Yoga Research Institute in Lonavala Pune

Children Yoga Training with Ananda Marga Academy

2017: Karen Wightman's Yoga for Children (5 – 8 yrs) teacher training  
Pre- and Post-natal yoga

