

VATA SEASON IMMERSION

Vata Season Immersion Day One-Five:

View The Whole Immersion Playlist On [Youtube](#)

How To Create Yoga Props At Home:

Find out how on the [Blog](#) or on [YouTube](#)

Day One:

Practice on the [Blog](#) OR Practice on [Youtube](#)

Day Two:

Practice on the [Blog](#) OR Practice on [Youtube](#)

Day Three:

Practice on the [Blog](#) OR Practice on [Youtube](#)

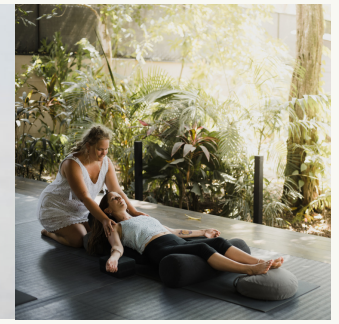
Day Four:

Practice on the [Blog](#) OR Practice on [Youtube](#)

Day Five:

Practice on the [Blog](#) OR Practice on [Youtube](#)





APPLY NOW !

To join the next online Moon To Moon Restorative Yoga Teacher Training course

“

Lyndele Gauci

RYTT GRAD

"I have so much love and appreciation, for this offering. You guided us with empathy, honouring our needs and you both nourished my soul. Thank you Ally and Tiina for this gift"

“

Noah

Restorative Immersion Participant

"Many thanks for such a blissful, restorative experience. Your voice is so soothing. Namaste."

“

Veronica Layunta

RYTT GRAD

"Informative, inspirational and so nurturing. It has equipped me with the perfect tools to bring this gentle yet powerful medicine to a chronically stressed world."



Want Resources To Keep You Grounded This Holiday?

WAS: ~~\$149~~ NOW: **\$111**

Until December 15

Sign Me Up!

Practice Yoga Nidra With Ally!

[Check Out Her Download Collection Here](#)



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SCHOOL OF LIVING YOGA