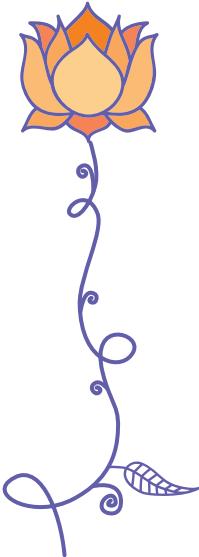


mahaloka



STUDENT FEEDBACK

I've really enjoyed being in your [hatha-flow] class. You give such great cues for taking care of the body – it's a real gift of permission and encouragement when a teacher models the use of props and adjustments for their perfect/imperfect body! The themes have been a pleasure too.

~ JW, Victoria, BC

I love your chair yoga classes and come every week because it is very relaxing. I have strong [Parkinson's] tremors but after yoga I nearly fall asleep because I'm so relaxed.

~ EC, Victoria, BC

Truly enjoyed your hatha yoga classes, Corinne. Have had many great yoga teachers in Kenya, Liberia, Ghana, India, the US (Washington, DC and Lakemont, Georgia), Jamaica, Barbados and Dominica. Your classes were particularly helpful because you demonstrated that you knew not just the postures, but the science of yoga as well as yoga philosophy. Your explanation of the connection between the reflexology points and the chakras were particularly useful. The background music complemented the wonderful nature sounds, such as the chirping of the birds and the breeze whistling through the trees. When you return to Dominica, your classes will be a wonderful complement to the fine classes that are already on-going here. Besides being the nature island of the Caribbean, Dominica could conceivably become the yoga island of the Caribbean as well. How wonderful!

~ TW, Commonwealth of Dominica

Thanks for those two great classes in Shawford. You are a terrific teacher.

~ RW, Commonwealth of Dominica

Mahaloka Yoga: it's the bleeding shiznit.

~ FL, Scotland, UK