



## Level 2: Vitality & Stress FAQ

*Join Master Teachers Guru Singh, Krishna Kaur & Nivair Singh for this powerful and transformative training!*

**“Stress is not from any outside quarter. Stress is when an outside pressure is not matched and overcome by your inside intelligence.” Yogi Bhajan 4/10/80**

Stress challenges our capacity to respond and adapt. Vitality is the foundation for neutrality, resiliency and an effective response to stress.

Build your nervous system, your glandular system and your pranic body to hone your caliber and guide yourself and others through life’s changes and challenges!

Cultivate the core skill for this coming age: the ability to recognize stress in ourselves and others, develop the tools to transform and balance it with conscious relaxation.

Kundalini Yoga re-establishes the integrity and vitality of our emotional, mental, and physical bodies and closes the gap between our self and what we experience.

***This course is a chance to look closely at how we react to, cope with and master our vitality.***

A signature of vitality is the ability to act consciously conscious and authentic while being emotionally flexible and available to the entire universe of emotions. It is only with this capacity that we can universally engender compassion, kindness, and courage. Thoughts, feelings, and information flow together to make us alert—to be and express who we are in the moment. This is why a realized yogi is full of vitality!

### Course Affirmation

“I cultivate my core vitality to honor and use the opportunities that come with each breath—to receive them as a gift. I recognize the value of my physical and energetic bodies and take steps to maintain them. I thrive under stress and challenge; I am a spiritual warrior who leads, uplifts and delivers effective decisions. I practice a lifestyle that incorporates continuous preventative habits for vitality and victory. I have the mental and spiritual endurance to cross every crisis and be a beacon to navigate and excel in the Aquarian Age.”

## What is Vitality & Stress Training?

Vitality & Stress is a 60-hour course as taught by Yogi Bhanjan with classroom hours and independent study. It is an in-depth transformational learning and teaching experience with a well-designed curriculum, manual, and support materials. Vitality & Stress is one of the five modules required for Level 2 certification as a Kundalini Yoga Practitioner.

## What will I Learn?

- Explore Your Vitality and Recognize Consciousness as the Core of Vitality
- Identify Your Stress
- Heal Cold Depression and Emotional Fatigue
- Relieve, Relax, Recharge
- Realize the Victory of the Spiritual Warrior
- Explore the nature of our stress identity as individuals and cross-culturally.
- Use kriyas and meditations as well as other processes to identify our stressor and the tools you will need to balance and uplift ourselves and others.

## What is Vitality & Stress?

Yogi Bhanjan thought of vitality as a property of our being: a quality of our spirit. It is not so much something that we acquire or possess, but rather a gift that is always within us, which we can accept, nurture, and release. Vitality is expressed in our flow of life and in our intuitive sense that guides us to act with integrity, innocence, and kindness.

**Many of the kriyas and meditations that Yogi Bhanjan gave for increased vitality gradually build energy within our system, circulate the energy we already have, or release the blocks keeping us from our own energy.**

**The goal is to use the energy that is always naturally with us. Vitality is a universal gift of consciousness, caliber, and strength.**

Yogi Bhanjan often said that we could revitalize ourselves in as little as 15 or 20 minutes. Because vitality is an innate part of our being, we can do certain simple things for a very short time and have a profound effect. If there is a dam with miles of water locked up behind it, all we have to do is open the gate. That rush of water clears every obstacle before it, making a way for the streams to flow and for growth to come to the thirsty lands awaiting it. Stress is a "constraining force or influence." Each of us wants to awaken vitality, recognize and release stress, and master relaxation.

**Yogi Bhanjan would say we experience stress or strain when our inner resources are insufficient or blocked and so we cannot respond to challenges effectively.** Sometimes under stress, we maintain an effective consciousness and act from a place of vitality and applied intelligence. At other times the stressors become so heavy that we often act at odds with our self.

## How do we recognize stress and vitality in our self and in our behavior?

We act very differently in different circumstances and with different people. Yogi Bhan emphasized that 85% or more of our behavior is automatic and determined by our environment. Our physical body acts according to the dominant emotions, threats, opportunities, and expectations in that particular circumstance.

We are literally shape shifters! Our body is so cooperative and sensitive that we change in milliseconds. Our faces change, our movements and walk change, our speed of action changes, how our eyes scan the world around us changes. Others can immediately sense all those changes on the subconscious level.

### **Our hormones and neurotransmitters generate complex cascades of chemistry that establish a matrix of constant communication between all of our cells.**

The vision of vitality as conceived by the yogi and the scientist converge as we observe this somatic intelligence and sensitivity, which forms a profound matrix of communication and interaction between every cell, organ, and system of the body.

This is what Yogi Bhan meant when he said **our conscious experience is based in oceanic waves of chemicals and subtle electromagnetic connections**. In yoga we call this *Ang Sang Wahe Guru*. Each cell is a living potential and intelligence. Yogi Bhan calls this our "30 trillion intelligences" that communicate, compute, and act.

When we experience our maximum vitality all these waves of communication, emotions, feelings, and responses flow smoothly and freely, coordinating all of our functions from the individual cell to a complex problem-solving thought wave. When this happens naturally and unimpeded, we are our most present and our presence is most potent.

We do not restrict life, we embrace everything that we feel, and we act spontaneously without distraction or over-thinking. Our auras are bright, extended, symmetrical and penetrating. Our chakras are flexible and shift their activity seamlessly in the immediacy of life's flow and our own identity and energy.

Our vitality diminishes when we block our responses to this flood of life. **When emotions are denied, suppressed, or rigidified instead of being processed; when our fears and traumas constrict our natural flow of intelligence; we lose our sense of integrity, within both our body and our personality**. This process often goes unnoticed, dwells in the subconscious, or is simply denied. That is why Kundalini Yoga is about freeing what we already have as much as building further resources and capacities.

## Who should take this course?

This program is open to everyone: those who have completed KRI Level One Teacher Training, Aquarian Teachers, Yoga Students, Yoga Teachers, and everyone wanting to understand and gain awareness about Vitality & Stress. Anyone can attend this course for non-certification credit. Those students desiring Level 2 credit for the course, there is a Level 1 pre-requisite.

**Dates:** Three weekends at Yoga West LA plus 90 day home study  
**Saturday, February 25 & Sunday, February 26, 2017**  
**Saturday, March 11 & Sunday, March 12, 2017**  
**Saturday, March 18 & Sunday, March 19, 2017**

**Times:** On the first day of the course, **Saturday, February 25<sup>th</sup>** the doors will open at 6:00 am so that there is time for you to complete your in-person registration and receive your course materials for a prompt 7:00 am beginning of the course.

After day one, the doors will open at 6:30 am so that you may have time to settle in before the start of the day. Additionally, all are welcome to join us for Aquarian Group Sadhana at 3:45 am each morning, and you may stay in the room afterwards until Yoga West officially opens at 6:30 am.

**Saturdays:**  
**7 am – 12:30 pm**  
**12:30 pm – 1:30 pm lunch (Delicious Vegan Lunch Served by Yoga West)**  
**6:30 pm Class end**

**Sundays:**  
**7 am – 11:15 am**  
**11:15 am – 12 pm lunch (Delicious Vegan Lunch Served by Yoga West)**  
**5 pm Class end**

**Where:** Yoga West, 1535 S. Robertson Blvd., Los Angeles, CA 90035  
310.552.4647 • [www.yogawestla.com](http://www.yogawestla.com)

**Contact:**  
Course Administrator: Navneet Kaur • NavneetKaurChicago@gmail.com • 310.913.7173  
Yoga West Director: Adarsh Kaur • Adarsh.ywla@gmail.com • 310.552.4647

**Cost:** Price includes: 6 days of classroom training, KRI Vitality & Stress manual filled with lectures, kriyas, meditations & study guide questions, a set of 6 DVD's of Yogi Bhajan classes/lecture, and 6 vegetarian lunches served at Yoga West.

Payment Option	Cost	Payment Deadline(s)
Pre-Registration  (most economical!)	\$1095	02/10/17 payment due in full
Pre-Registration payment plan	\$1195	02/10/17 - \$495 02/24/17 - \$350 03/11/17 - \$350
Registration (after 02/10/17)	\$1295	02/24/17 payment due in full
Registration payment plan (after 02/10/17)	\$1395	02/24/17 - \$595 03/11/17 - \$400 03/18/17 - \$400

**Payment:** Cash, Check and Visa and Mastercard Credit cards accepted. If paying by check, post-dated checks for all installments are due upon sign up.

**Payment Plans:** See chart above

### Cancellation/Withdrawals:

Withdrawals prior to the start of the course will be eligible for a refund less \$100. Withdrawals after the start of the course will be eligible for a Yoga West credit: a pro-rated amount based on percentage of class attendance, less \$300 for materials and registration fees. This amount will be credited to your Yoga West account for future class or course purchases. All requests for withdrawals must be in writing to the Director, Adarsh Kaur Khalsa.

## Instructors:

This course is taught by three master yogi teachers who studied directly with Yogi Bhajan since the early 70's and have been practicing and teaching Kundalini Yoga worldwide ever since.

**Guru Singh** - Guru Singh is a celebrated third-generation yogi, master spiritual teacher, author, and musician. In January 1969, Guru Singh met Yogi Bhajan, a spiritual leader from northern India and master of Kundalini yoga. From that moment on Guru Singh has been studying and teaching Kundalini yoga and meditation, a science taught in India for over five thousand years. He has spread this ancient science with passion and a practical fusion of Eastern mysticism into Western pragmatism. Guru Singh teaches conscious living through the tools of Humanology, Kundalini yoga, meditation, and sacred sound. Guru Singh's books, music, yoga/meditation classes, blog posts, podcasts, and humanology lectures uplift thousands worldwide. To learn more: [www.gurusingh.com](http://www.gurusingh.com)

**Krishna Kaur** - Krishna Kaur, a dynamic, heart centered Yoga teacher, began studying with Yogi Bhajan in 1970 and has passionately taught the art and science of Kundalini Yoga and Self Awareness for 40 years. She brings a wealth of knowledge and experience from her teaching in Africa, Mexico, and inner cities throughout the United States. A master teacher trainer of Kundalini Yoga as taught by Yogi Bhajan, she conducts workshops in Canada, Europe, and Latin America. Krishna also founded and runs Y.O.G.A. for Youth, a non-profit dedicated to training yoga teachers to work with at-risk youth and creating yoga programs in schools and juvenile facilities. To learn more: [www.krishnakaur.org](http://www.krishnakaur.org)

**Nivair Singh** - Nirvair Singh Khalsa began studying with Yogi Bhajan in 1971. He is a retired University Instructor at the University of Alaska Anchorage where he taught classes in Kundalini Yoga for 31 years. He has authored nineteen best selling DVD's/Videos and four books on Kundalini Yoga as taught by Yogi Bhajan. He has also taught classes, workshops and trainings throughout the Americas, Europe and Asia. Currently he is the CEO and President of The Kundalini Research Institute. To learn more: [www.kundaliniyoga.net](http://www.kundaliniyoga.net)

**Group Leaders:** In addition to the main instructors, you will be assigned to a small group also known as a "jetha." Each group has a leader. This experienced person will help facilitate your journey, answer questions and facilitate the 90-day self-study portion of the course. They will lead "check-ins" with the small groups where students share their insights while group members compassionately listen. They may facilitate group exercises and assignments in class. Group leaders will organize and host three conference call meetings with the group during the 90-day self study to focus on the reading assignments, homework and self-study. Your Jetha leader is another valuable resource and a partner throughout your training and transformation. They are there for you to answer any questions, help with understanding and completing requirements, as well as grade your test at the end of the course.

## What is Level 2 Teacher Training?

Level Two Teacher training focuses on Transformation. There are five Level 2 courses. Each year, Yoga West LA offers one of the courses. Level 2 courses develop the inner growth and personal discipline of a truly excellent teacher. Open to KRI Level One Certified Instructors, this 300-hour certification program consists of five, 62-hour modules. Graduates of Level Two earn the title of KRI Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan® and combined with Level One certification, fulfill the Yoga Alliance RYT (Registered Yoga Teacher) 500-hour requirement.

Building on the foundation of Level One, Level Two Teacher Training is about personal transformation and deepening the core capacities, character and consciousness of a Kundalini Yoga teacher. In this level, the Instructor cultivates the yogic capacities of intuition, neutrality and self-assessment within the five mirrors of consciousness:

- Conscious Communication– Uplift and penetrate through the power of the word.
- Mind and Meditation – Conquer the mind and conquer the world.
- Authentic Relationships – Unfold your true identity in the matrix of conscious relationship.
- Life Cycles and Life Styles – Discover mystery and mastery through every cycle of life.
- Vitality and Stress – Cultivate the caliber to guide yourself and others through life’s challenges.

## What are Level 2 classes like at Yoga West?

The training at Yoga West LA is centered around three weekends at the studio where you’ll experience a combination of: lecture by Master Teachers, Video classes with Yogi Bhajan, kriya, meditation, and group discussion in both large and small groups. You will have time to review information and practice the meditations and kriyas that are given in both the manual and home study guide as well as on the set of six DVDs that you receive in the course.

The course emphasizes carefully chosen meditations, kriyas, and readings. All the information is presented in highly interactive learning environments. You will explore topics and discuss them with other students in both small and large groups. You will have the opportunity to practice meditations deeply over an extended time. You will test and observe the application of these techniques and attitudes in your life.

Pivotal to this path of study is a chance for you to encounter the energy, teaching and character of Yogi Bhajan as directly and personally as you can. We use videos of him teaching classes and meditations throughout the course.

## Schedule: Day 1 of the Course / Registration

Please complete your registration form prior to the start of the course, which will help with our first morning of the course. The TT2 registration form will be added to the YW website soon – we could put a link here for it.

**Arrive early!** We request that you arrive between **6 and 6:15 AM on Saturday, February 25, 2017**. The course will begin promptly at 7 AM and anyone who has not processed through registration will be late to class. A key to moving through the process quickly will be completing any of the forms you can ahead of time, and arriving early.

## Staying Connected

As a student, you will be invited to the Yoga West Student-Teacher forum where we post notices about scheduling, class topics, questions, inspirations as well as all of the class audio recordings. This is a closed community using the web-based program/App “Basecamp.” Everyone is invited to share!

## Certification:

Anyone can attend this course for non-certification credit. To receive KRI Level 2 certification credit for this course, participants must be certified Level 1 instructors. If you have not taken Level 1 Teacher Training, but desire to receive credit for this Level 2 course, completion of Level 1 is required prior to re-taking any Level 2 courses for credit. To fully reap the benefits of this amazing course and receive a letter of completion, you will need to do the following:

- (a) Completion of the 90 day meditation
- (b) 3 conference calls with your group
- (c) Watch all Yogi Bhajan videos
- (d) Answering study guide questions
- (e) Take home exam
- (f) At least 40 days of journaling

Vitality & Stress is one of five modules required for KRI International Level Two Certification. This program is based on the comprehensive science of Kundalini Yoga as taught by Yogi Bhajan. The Aquarian Teacher program is a journey of your development as a Kundalini Yoga Teacher.

Teachers who complete all 5 Level Two Courses earn the title of KRI Certified Practitioner of Kundalini Yoga as taught by Yogi Bhajan®. Combined with Level One certification, completion of Level Two certification fulfills the Yoga Alliance RYT (Registered Yoga Teacher) 500-hour teacher training requirements.

Please let your study group leader know if you will be late, or absent for any portion of the weekend. In this way, we can be sure to let you know what material you need to review to keep pace with the group.



## Missed Class time & Make-up work

In order to receive KRI Certification, students are *required* to make up ANY time they miss, including the 3 conference calls following the in-class weekends. Please contact your group leader to find out how to make up any time you missed. If you miss more than 8 total hours of the course, then you will not be eligible to complete the course for certification.

## What is the Home Study Part?

- At least 6 hours of reading Yogi Bhanan transcripts, watching the videos and practicing the meditations given in the videos.
- At least 6 hours of study group meetings or conference calls
- At least 40 days of journaling
- Completion of 90 days of the assigned meditation for the course
- Completion of the exam questions

## Why do we do a 90 day meditation as homework?

Yogi Bhanan gave us a very special technology relating to habits. Every single kriya or meditation in Kundalini Yoga changes us in very specific ways. If you practice a kriya a few times, you receive a wonderful benefit. But if you want to permanently change your habits, and realize the full effects of the kriya, this is what you can do:

Practice a particular kriya or mantra every single day for the same amount of time. Based on the number of days you do this, here is how it will affect your habits.

**40 Days:** Practice every day for 40 days straight. This will break any negative habits that block you from the expansion possible through the kriya or mantra.

**90 Days:** Practice every day for 90 days straight. This will establish a new habit in your conscious and subconscious minds based on the effect of the kriya or mantra. It will change you in a very deep way.

**120 Days:** Practice every day for 120 days straight. This will confirm the new habit of consciousness created by the kriya or mantra. The positive benefits of the kriya get integrated permanently into your psyche.

**1000 Days:** Practice every day for 1000 days straight. This will allow you to master the new habit of consciousness that the kriya or mantra has promised. No matter what the challenge, you can call on this new habit to serve you.

## Why should I study at Yoga West?

As the birthplace of 3HO and the home of Yogi Bhajan's first classes in America, Yoga West is devoted to serving humanity by:

- Spreading the science and technology as taught by Yogi Bhajan, of Kundalini Yoga, Meditation and Humanology
- Creating global teachers of Kundalini Yoga, Meditation and Humanology
- Creating conscious, vital communities of yoga practitioners, living and sharing a Healthy, Happy, Holy lifestyle

We have been offering daily Kundalini Yoga and Sadhana since January 1991, as well as Teacher Training shortly thereafter. With master teachers and a cozy environment, Yoga West is a powerful center where the subtle body of Yogi Bhajan can be directly experienced.

From the moment you arrive, our supportive staff, teachers and students all generate a feeling of community and welcome you. Before and after class, you are invited to enjoy a complimentary cup of Yogi Tea and relax in our lounge where you can visit together, relax and reflect. Our boutique offers eco-friendly yoga apparel, mantra & music, dvd's, books, healing crystals, tea, oils, gifts, and yoga and meditation props.

Whether you are looking to center yourself, calm your mind, move your body, listen to your spirit, challenge yourself, melt stress, grow and glow, Yoga West is a vibrant community center for teaching, learning and celebrating. The legacy of Yogi Bhajan, the science of Kundalini Yoga and the heart and soul of the 3HO – Happy, Healthy and Holy- community is ready to welcome you.

We are located near Pico & Robertson just a short walk from the Guru Ram Das Ashram where Yogi Bhajan first taught, lived and shared his life with us. Harbhajan Singh Khalsa Yogiji, aka Yogi Bhajan, arrived in Los Angeles in 1968. As part of his mission to share the teachings of Kundalini Yoga and to help people live healthy, happy, and holy lives, he created Guru Ram Das Ashram in 1972. It was here in Los Angeles that Kundalini Yoga in the West was born, and it was here at Guru Ram Das Ashram that Yogi Bhajan first taught, lived, and shared his life. To Learn More: <http://www.gururamdhasashram.org>

## Where to Park

**Saturday:** On Saturdays, the best place to park is on side streets east of Robertson, or a couple of blocks west of Robertson in the neighborhood where there are no weekend restrictions. **Be sure to carefully read the street signs.** There is no all day parking on Robertson Blvd. There are a few ten-hour meters on Horner (north of YW) and Pickford (south of YW).

**Sunday:** Most street parking is available on Sundays. Meters are free and there are no neighborhood restrictions **except** on the residential part of Pickford (Yoga West side of Robertson).

## What to Bring

- Something to sit on that is comfortable (yoga mat, sheepskin, pillow)
- Water or a bottle that can be refilled for water
- A reusable cup for yogi tea. Please bring refillable water bottles and tea cups. We endeavor to keep our carbon footprint low and we truly appreciate your support.
- Notebook
- Pen or pencil
- Snacks – there will also be snacks for sale in the YW store
- Lunch for Saturday if you prefer not to eat out
- Meditation shawl, head covering, deep relaxation blanket – optional
- Please avoid wearing scents during the training

## Meals

Yoga West will provide a delicious vegan/vegetarian, soy free, gluten free lunch each day. If you have food allergies you may consider bringing your own lunch. Keep in mind that there is limited refrigerator space at Yoga West and no way to heat food.

We provide filtered water and tea all day and sell some snacks at the center like health bars, bean chips and dried fruit. Please note we do not have a microwave or other way to heat food at Yoga West.

If you'd like to have dinner after nearby, here are a few restaurants within walking distance and many within a quick drive:

### Walking Distance

- Trattoria Bella Roma – Reasonably priced Italian Food
- Le Petit Jardin - French Bistro
- Starbucks - Tea, coffee, sandwiches, fruit, baked goods
- On Pico – many more restaurants

### Driving Distance

- Power Plant – Los Angeles
- Native Food – Culver Blvd., Culver City
- Natalee Thai – Venice Blvd. Culver City & Olympic/Robertson
- Govindas – Hare Krishna Vegetarian food, Venice & Watseka
- Hugo's – Santa Monica Blvd. Hollywood
- Vegan Glory – Beverly Blvd. Beverly Hills
- Jaipur Indian & Vegetarian Food –Pico Blvd. Beverly Hills

## Cell Phones

**Yoga West is a cell phone free zone.** Please silence your phones during class. Thank you for taking your calls outside. **NO texting during class.**

## Photography and Filming

Yoga West may photograph or film portions of the Level 2 course for promotional purposes. Our photographers are sensitive to the student experience, and you may always request to not be photographed or filmed. Audio from the classes will be recorded and made available to you for download on Basecamp.

## Are there more levels?

Beyond the attainment of a Level Three Certificate, we are co-creating and participating in a Level Three culture and community of peers representing a communal link in the Golden Chain. This deepening realization process may never end. More information about the content and format and how you may join the Level Three program will be made available when TTEC completes its development project.

“If you want to learn something, read about it. If you want to understand something, write about it. If you want to master something, teach it.” —Yogi Bhanjan

## What is Level 3 Teacher Training?

Level 3 focuses on the Realization of the teachings. Discover the spiritual maturity of a Teacher and leader in the Aquarian Age, as all facets of the Teachings of Yogi Bhanjan permeate every aspect of your being. This is the third stage in the development of the Aquarian Teacher Training program as envisioned by Yogi Bhanjan.

Teacher based on 3 Pillars:

I. Spiritual Maturity: To develop an authentic fully integrated presence as Teacher, achieved through self-reflection, spiritual lifestyle practices and peer dialogue support.

II. Meditative Mind: To cultivate and refine one’s meditative mind, as achieved through focused application of specific Kundalini Yoga kriyas and meditation practices individually and in intensive group practices\*.

III. Selfless Service/Seva: To develop an ongoing attitude of Sewa/Selfless Service. To align individual passion, purpose and destiny to build and serve community. To receive a Level Three certificate, one will need to complete the requirements for each pillar.

One of the requirements for the Meditative Mind Pillar will be the completion of the 21 Stages of Meditation course. If you are interested in pursuing Level Three, you can already fulfill that requirement now, (even if you have not yet completed Level One or Level Two).

## What else does Yoga West offer?

Every day begins at Yoga West LA at 3:45 am with a free community offering of morning Sadhana. Sadhana is a daily spiritual practice that brings out the best in you. To learn more about Sadhana visit: [www.3ho.org/kundalini-yoga/sadhana](http://www.3ho.org/kundalini-yoga/sadhana)

The rest of the day is filled with an invigorating mix of Kundalini classes, workshops and teacher trainings presented by an inspiring mix of talented teachers who share the Kundalini Yoga technology from their own unique perspective. Classes include: Kundalini Yoga & Meditation for all levels, Mommy & Me (Daddies and caregivers welcome!), Pregnancy Yoga, Sat Nam Rasayan, Discounted Community classes, Women's Yoga, Celestial Communication, Humanology & Chanting and much more.

Every year, we host Aquarian Teacher Training Level 1 as well as a Level 2 course. Every month there are new workshops to inspire & enrich our lives.

First time students pay only \$11 and then receive an offer to enjoy unlimited classes for \$25 for twenty-five days. It's a great way to immerse yourself in the teachings and experience a range of teachers and kriyas.

## Other Inquiries

Please don't hesitate to call or email with any additional questions you may have. We'd love to see you in the training and are here to support you during this powerful transformation. Course Administrator Navneet Kaur can be reached at: 310.913.7173 • [NavneetKaurChicago@Gmail.com](mailto:NavneetKaurChicago@Gmail.com)

Sat nam,

Adarsh Kaur

Adarsh Kaur Khalsa  
Director, Yoga West  
[www.yogawestla.com](http://www.yogawestla.com)  
310.552.4647 Yoga West

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