



We offer you the tools, techniques and wisdom for feeling at home in your body, and with your mind, and in your spirit. This is the true gift of yoga (paraphrased words of the founders of Purna Yoga – Mirra and Aadil Palkhivala at [www.purnayoga.com](http://www.purnayoga.com) ).

This studio offers you:

- Safe and skillful teaching of alignment-based postures (from the lineage of BKS Iyengar) in classes offered during Fall, Winter, and Early Spring seasons.
- A nurturing space for all who seek to grow in strength, flexibility, and balance; and for all who seek to discover a deep calm within.
- Purna Yoga meditation techniques, yoga philosophy (with special inspiration from the sage Sri Aurobindo who says: “All Life is Yoga”).
- A teacher certified with over 2000 hours of Purna Yoga teacher training, and has advanced training to teach iRest Integrative Restoration – a modern adaptation of the ancient practice of Yoga Nidra for easing stress, healing trauma and awakening to your timeless Presence.
- A unique studio addition in a North Carolina farmhouse built in 1919 with grounds designed by fellow artist Harriet Bellerjeau, a landscape artist from Raleigh NC. The yoga studio is 800 square feet and features the Great Yoga Wall. All props are provided for your use.
- Small classes (varying from 5 to 12 people) so that your yoga experience is safe and allows for individual attention.

Purna Yoga is a complete yoga which includes alignment-based asanas, meditation, philosophy, nutrition and lifestyle . When you walk into Yoga Johns you can be sure you are doing authentic yoga.

