

# Wanda Wen



My yoga offerings . . .

asana-physical postures • body alignment

meditation • pranayama-breath work

yoga philosophy

Influenced by my teachers, peers, profession, travels, the natural environment, my children, and life, I bring a unique approach and wisdom to my work and my yoga teaching. My classes are taught with intention, and are comfortably challenging, physically and mentally, delivered in English and Sanskrit, with a goal of personal empowerment and awakening. The physical benefits of increased strength, flexibility, mobility and improved balance are a natural outcome. Practitioners leave my class feeling rejuvenated, grounded, and refreshed. I consider myself a life-time student of yoga, and continue to enrich my soul with on-going dedicated study of yoga's eight-limbed path.



*"Practicing yoga with Wanda is like getting a massage from the inside, out." - Jenny F.*

*"Every class you share is a gift, beautifully wrapped in truth and filled with priceless gems. I am truly thankful for you, my devoted teacher." - Tony M.*

*"Your voice, your deep connection with yoga, you feeling the inner strength of my soul, sensing the vulnerability, using your knowledge and skills to inspire and guide me to my highest level, I thank you. You are an inspiration and a guiding light; HOPE and LIGHT." - Susan M.*

**Hatha Yoga** - This 70-minute practice is a combination of hatha yoga, characterized by static poses and long holds, with periods of vinyasa flow yoga, characterized by the body moving from one pose to another, linking breath to movement, and moving through sun salutations. Practitioners will begin the class with pranayama, breathing exercises, that will help still the mind and release tension. Clear instruction will be given to inform and prepare the body to safely move into poses, building strength and muscle memory to prepare for a peak pose. A cool down period will occur, ending in Savasana, a resting state.

**Restorative Yoga** - This 60-minute therapeutic practice promotes releasing stress and muscular tension, stills a busy mind, balances the nervous system bringing it into a state of healing, and enhances the restful state of the body. Props may be used to support this practice including yoga blankets, blocks, bolsters, and straps.

visit me at: [soolip.com](http://soolip.com), [yogalandgame.com](http://yogalandgame.com)  @wandawensoolip  soolip  the soolip fix



Certification through YogaWorks, Los Angeles, California