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Earned Her Teacher's Certificate At The Fremantle Yoga Centre In 2006 And In 2012 Became A Level 2 Certified Teacher With Yoga Australia. Jane Has A Special Interest In Applying The 8 Limbs Of Yoga To Her Own Practice And Teach-ings. She Believes The

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OXIGENO' (KANA) (megumi) 8:00 9:00 10:00 11:00  
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20:00 21:00 22:00 (kanako) CHANGE (Akane) BODY  
CONTROL PILATES (KANA) (satsuki) IJ-3y5Ä7a— 70—3ñ  
(YUUKI) 7:30PEN! (kazu) Adidas Yoga (kazu) (Ak Mar  
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releasing Effects, If Any, Of Selected Asanas. The  
Second Is A Randomized, Controlled Trial On Th Mar  
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