Nature Yoga Fusion Reviews

“It was great and wonderful; felt good to get back to nature and our roots.” –Eva F.

“It helped me to find my focus and balance, connection and peace.” –Francisco P.

“Not the usual yoga flow from a studio, yet I loved it!” –Lyda L.

“Amazing! It was a day to reconnect with Mother Earth and remind myself to be thankful. I liked how you focused on the senses and I loved to pretend to be a fox.”

–Anonymous

“It was unexpected but really rewarding. It felt like another opportunity [to connect with nature] but at a deeper level and more relaxed state. –Veronica L.

“The yoga postures were perfect for my body on an outdoor surface (the ground).”

–Karen M.

“I loved doing it. It was very fun and full of variety.” –Anonymous

“I loved doing yoga in nature. I loved feeling the texture of the earth, it was sooo good being barefoot!” –Carly R.

“Very good, not strenuous but very calming and just the right level.” –Isabel G.

“I liked the attention to the feet, on moving quietly like fox—it stayed with me.”

–Ellen S.

“I like being in my body—it’s a reminder that I don’t always pay attention.” –Gail T.