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Jennie Lee is the author of the new book True Yoga: Practicing with the Yoga Sutras for Happiness and Spiritual Fulfillment. As a yoga therapist with 20 years

Ms. jennie lee - international association of yoga therapists (iayt)

She is the author of TRUE YOGA: Practicing With the Yoga Sutras for Happiness and Spiritual Fulfillment and the upcoming BREATHING

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Yoga Therapist Jennie Lee has a new book out, called: True Yoga: Practicing with the Yoga Sutras for Happiness and Spiritual Fulfillment.

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Jennie Lee is the author of Breathing Love: Meditation in Action and True Yoga: Practicing with the Yoga Sutras for Happiness and Spiritual Fulfillment.

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Jennie Lee is a certified yoga therapist who has spent two decades coaching True Yoga: Practicing with the Yoga Sutras for Happiness & Spiritual Fulfillment.

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Ana Rosenberg interviews Jennie Lee, author of “True Yoga: Practicing With The Yoga Sutras For Happiness

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True Yoga: Practicing with the Yoga Sutras for Happiness & Spiritual Fulfillment Author of Breathing Love (2018) & True Yoga (2016).

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