

Personal history in Yoga (Keiin Yoshimura)

Teacher of Yoga and Keiraku-taisoho

- Since 1980s, She has started to learn Yoga and Zen meditation in Japan.
2001-2006, She has learned Yoga and spiritual practice from swami Hari Om Ananda in Irinjarakuda Kerala and Uttarukashi Uttaranchel, India.
2007, She has learned Kuriya of Yoga from yogi, Josi Vallicherry in Japan.
Since 2010 She has learned Keiraku-taisoho, Yoga, spiritual practice and philosophy on IARP (International Association for Religion & Parapsycology) in Japan. <http://www.iarp.or.jp/>
2011, She had Sidha Initiation in Trivandrum, Kerala.
YOGA SIROMANI (Teacher of Yoga) has been awarded by The International Sivananda Yoga Vedanta Center.
<http://www.sivananda.org/>
Teacher of Keiraku-taisoho has been awarded by IARP.

Keiraku-taisoho : Motoyama Meridian Exercises for Ki Practice.

