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the rocking bow.

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Nita Patel has been practicing yoga since she was five and has taught yoga since 1995. She was inspired by the unwavering dedication of B.K.S. Iyengar when she met and worked with him in Pune, and has also practiced yoga with Shri K. Pattabhi Jois in Mysore.

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Best ER visit ever, especially with a little one. He even got a popsicle when he was finished. He even got a popsicle when he was finished. My wife and I went to Swedish Issaquah to welcome our son Tristan into the world.