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mindfulness coach and yoga instructor after years of struggling with anxiety fear of rejection reading countless self help books seeing therapists and taking anxiety medication suzanne decided it was time to take control back of her life the suzanne morgan center at ridgeland join us our 1st yoga on the lawn sunday october 1 2023 we welcome you to a morning of gentle healing yoga and qigong movement on the beautiful lawn of ridgeland mansion at the suzanne morgan center doors open at 9am class starts at 10am with suzanne s focus on joyfulness peace self acceptance and love you ll learn that yoga has miraculous healing secrets for all the most common and chronic ailments relax re energize i teach yoga to love yourself to nurture your body to soothe your mind to build a more healthy relationship with yourself classes run continually 35 per month or 10 drop in booking essential as classes are busy 886 28k views 3 years ago yōga in this video we will walk around yoga a mostly residential area located in setagaya ku near the southern border of tokyo city this area has many streets

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suzanne is a certified life transformational coach hypnotherapist neuro linguist program specialist mindfulness coach and yoga instructor after years of struggling with anxiety fear of rejection reading countless self help books seeing therapists and taking anxiety medication suzanne decided it was time to take control back of her life

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the suzanne morgan center at ridgeland join us our 1st yoga on the lawn sunday october 1 2023 we welcome you to a morning of gentle healing yoga and qigong movement on the beautiful lawn of ridgeland mansion at the suzanne morgan center doors open at 9am class starts at 10am

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with suzanne s focus on joyfulness peace self acceptance and love you ll learn that yoga has miraculous healing secrets for all the most common and chronic ailments relax re energize

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