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Earned Her Teacher's Certificate At The Fremantle Yoga Centre In 2006 And In 2012 Became A Level 2 Certified Teacher With Yoga Australia. Jane Has A Special Interest In Applying The 8 Limbs Of Yoga To Her Own Practice And Teach-ings. She Believes The Therapeutic Application Of Yoga Means That Those With Scoliosis,  
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2021.

3 LESSON PROGRAM JOY FIT YOGA J YOGA PROGRAM I ...BODY CONTROL PILATES  
(KANA) (Aimi Yuriko) OXIGENO' (KANA) (megumi) 8:00 9:00 10:00 11:00 12:00  
13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 (kanako) CHANGE  
(Akane) BODY CONTROL PILATES (KANA) (satsuki) Ij-3y5Ä7a— 70—3ñ (YUUKI)  
7:30PEN! (kazu) Adidas Yoga (kazu) (Ak 21th, 2022.

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Of Physiology At AIIMS, Is Currently Involved In Two Projects On Yoga, One Of Them  
On The Insulin-releasing Effects, If Any, Of Selected Asanas. The Second Is A  
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