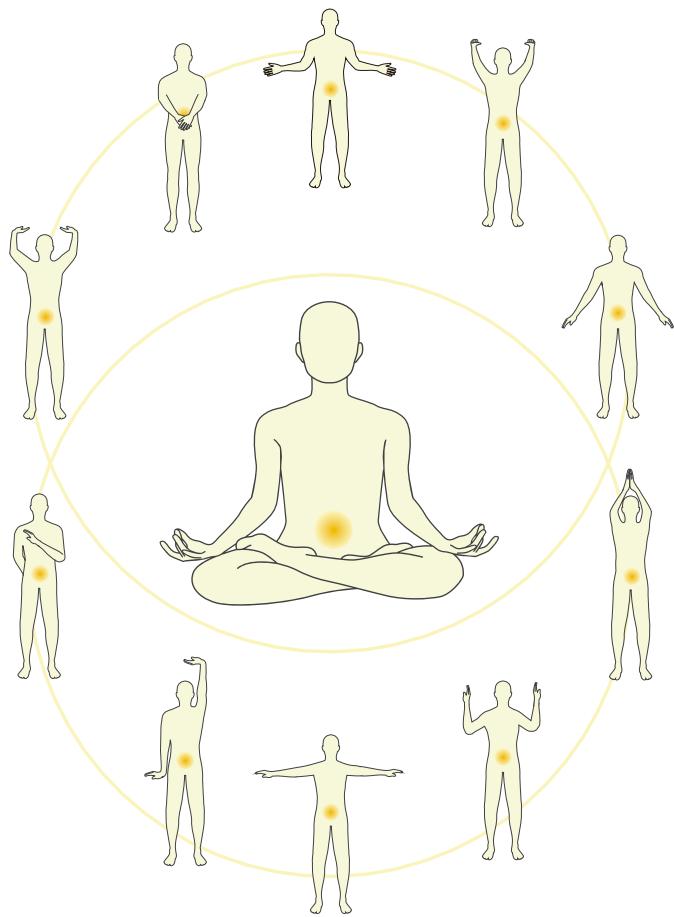


# 光流瑜伽九式

光流ヨガを Good 9 Yoga

それは、リラックス・静・定・観・自然だ。

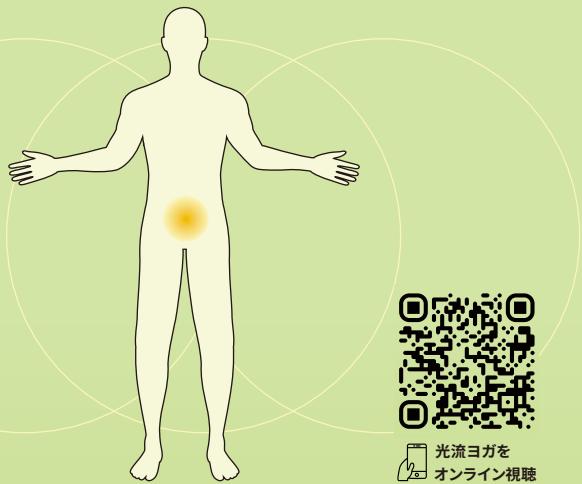
Good 9 Yoga of Yana is a pretty simple and learners-friendly practice.



Good 9 Yoga  
光流ヨガを  
光流瑜伽九式

## 光流瑜伽九式

光流ヨガを

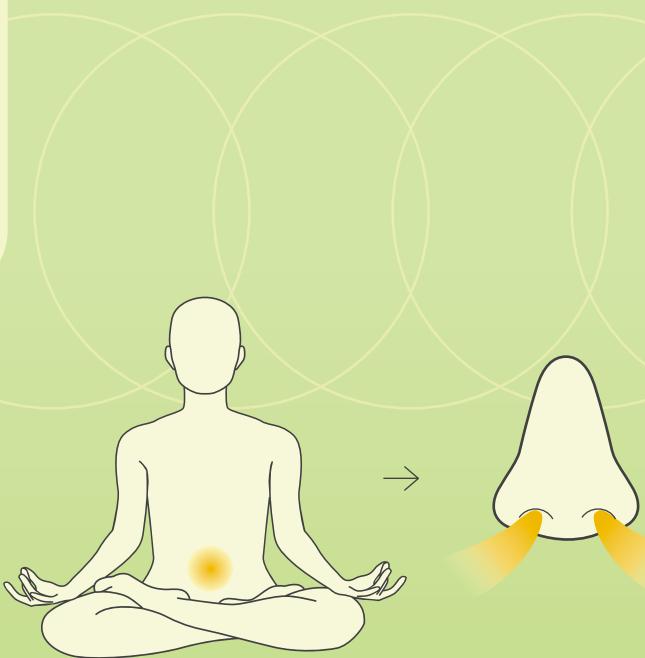


光流九式瑜伽是協助我們迅速開通中脈能量通道的方法，第一式至九式，皆有提昇能量與排毒的功效，在家中我們可以做九次或十八次或隨心練習，我們可以完全的放鬆與大慈悲愛力相結合。腹式呼吸，當我們再練習光流瑜伽時採用腹式呼吸，讓我們雙腳張開，與肩同寬，腳間微微內八，膝蓋微微彎曲，雙手置於胸前約20公分處，讓我們呼吸完全的放鬆，在這時候我們可以向宇宙大慈悲愛力祈求加持自己或向你所信仰宗教的至高象徵，祈求讓能量迅速通過全身，喚醒全身細胞的治癒力，讓我們全身都沉進到無比的大慈悲愛力的能量之中讓自己越來越放鬆，從頭到腳都越來越放鬆。

### 光流ヨガ九式

私達の経脈がエネルギーを通過するよう速やかに開通させるには第1式から第9式が有ります。これら方法は排毒能力の向上効果があります。在家の場合、9回から18回自宅で自由に練習する事が出来ます。自宅では完全にリラックスし、広大な慈悲愛力と結合します。

光流ヨガを練習するとき行った腹式呼吸を行い、両足を開き肩幅とし、足の向きはかすかに八の字型とし、ひざを少し折り曲げ、両手を胸前20センチの所に置き、呼吸は完全にリラックスします。このとき、この形は宇宙の広大な慈悲の愛力を希求する宗教的信仰の象徴にいたる助けとなります。全身にエネルギーを素早くにいきわたらせ、全身の細胞の治癒力を呼び覚まし、全身が比類なき慈悲愛力のエネルギーのなかに取り込まれ、頭のてっぺんからつま先までリラックスした状態となります。



當我們練習光流瑜珈時，我們採用腹式呼吸・鼻吸鼻吐，舌頭輕抵上顎，讓自己完全放鬆，練習光流瑜珈必須採用5大要訣，鬆・靜・定・覺・自然。靜就是讓自己的心，隨順呼吸慢慢安靜下來，定-讓自己的心保持在平靜當中，覺-讓自己的心保持非常自然的流動。

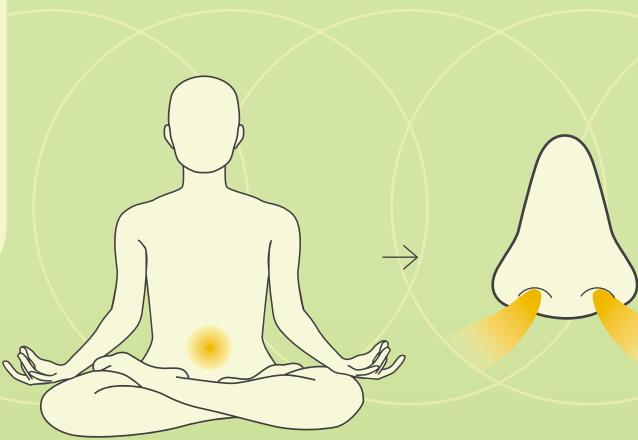
光流ヨガを練習するとき、腹式呼吸を行い、鼻から息を吸い、鼻から息を吐きます。舌の先端を上あごに軽く付け、完全にリラックスします。光ヨガの練習には5つのポイントがあります。それは、リラックス・静・定・覚・自然です。自分の心の中に静かに落ち着くことで静となり、呼吸はゆっくりと安らかになり、心は自身の平靜のうちに保たれて定となり、心の自然な流れの中にゆだねられて覚になります。



小太陽的位置是道家下的丹田，也就臍輪的位置，我們想像肚子的中心，有一個像乒乓球大小的小太陽，配合呼吸。當我們呼吸的時候，我們吸進宇宙浩瀚的能量，直接進入小太陽裡面，當我們吐氣的時候，我們想像小太陽發出無比光芒，照耀全身細胞，讓全身的細胞都完完全全活化起來，在家中你可以採用坐態或站態，讓自己非常輕鬆，溶入宇宙浩瀚能量之中。

#### 小太陽エネルギー向上法

小太陽は道家の言うところの丹田の下の臍から輪を描いたあたりで、おなかの中心と思う場所に、卓球の玉の大きさの一つの小さな太陽を想像します。そして、呼吸を整えます。呼吸するとき宇宙の広大なエネルギーを吸い込み、それは直接小太陽の中に入ります。また、息を吐くとき、小太陽が比類なき光芒を発すると想像します。それは全身の細胞を照らしあげ、全身の細胞を完璧なまでに活性化させます。在家の場合は、座位又は立ち位を取り、自身をリラックスさせ、宇宙の広大なエネルギーの中に溶け込むようにイメージします。



 Scan the QR code to watch Yana Nine Yoga online.

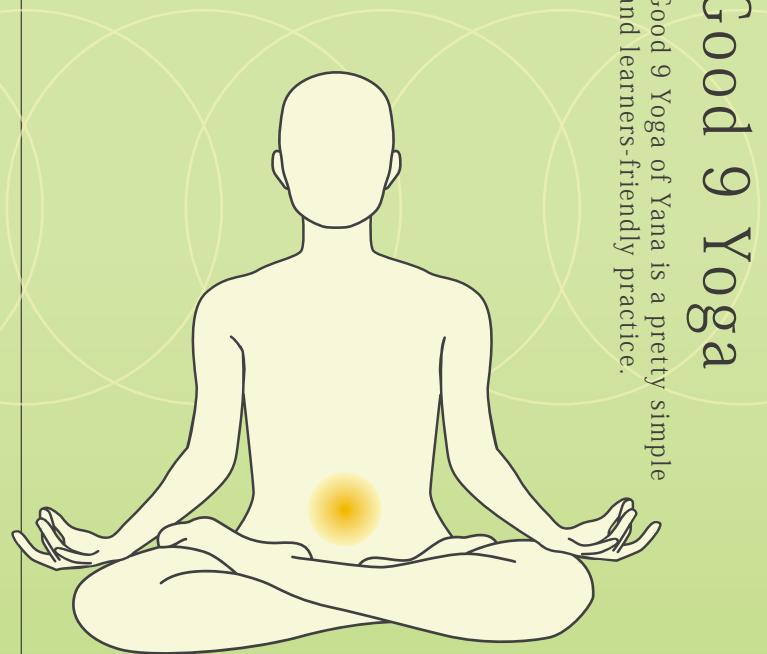
Good 9 Yoga of Yana is a pretty simple and learners-friendly practice.

The practice can smoothen the tiny nadis in our bodies as well as channel the high-level energy into our bodies. Along with proper breathing and meditation, we can eliminate the negative energy accumulated in our bodies through our hands and feet.

As a result, we can create an intact energy channel connecting Heaven, Mother earth, and mankind.

Since Good 9 Yoga serves as a channel to very high energy, the effects of Good 9 Yoga are different from those of ordinary Chi practice or Taijiquan exercises.

In addition to improving our health and stabilizing our emotions, Good 9 Yoga can clarify our energy field, activate our inner wisdom and transform our stereotyped thinking patterns.



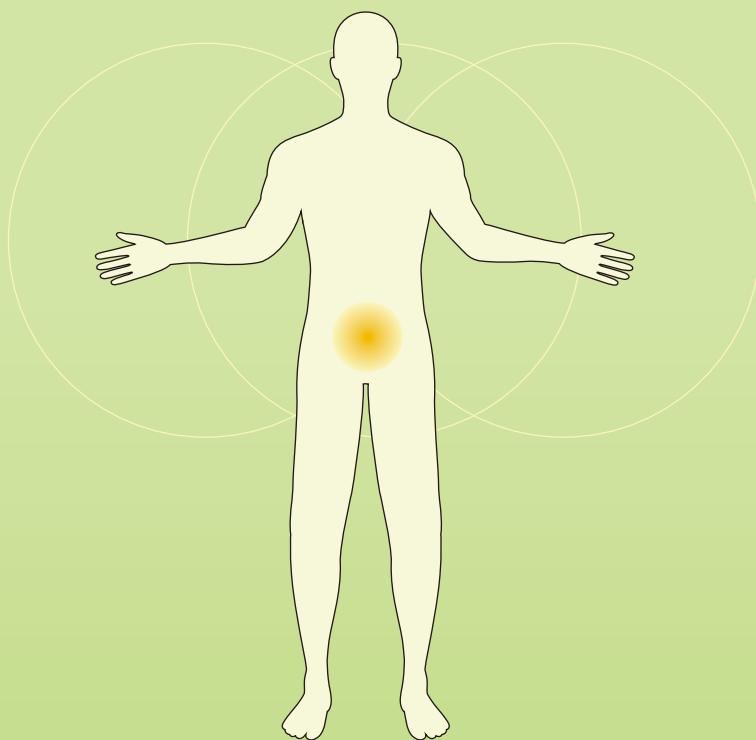
That is to say, Good 9 Yoga can enhance the energy of our body, mind and soul. This is why daily practice of Good 9 Yoga has created miracles in many people's lives.

Moreover, Good 9 Yoga is learners-friendly. The actions are simple and easy. You can do the actions smoothly and elegantly. Many practitioners like it very much.

You can do it smoothly as if you were doing Taijiquan. And you can do the exercise effortlessly. The nine actions are really easy to remember.

Besides, the practice of Good 9 Yoga is suitable for any age and can be done anywhere and anytime. Regardless of sexes and ages, everyone can practice Good 9 Yoga. You can stand, sit, or take a lotus posture, and the effects can be the same. The practice is very convenient.

**Good 9 Yoga**  
Good 9 Yoga of Yana is a pretty simple and learners-friendly practice.



For those who also practice yoga, Chi, Taijiquan, or aerobics, Good 9 Yoga can be a great supplement and can even amplify the effects!

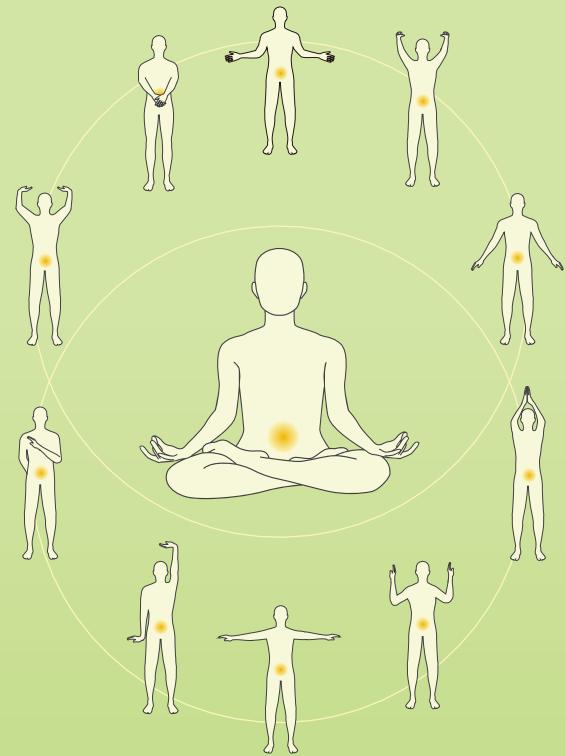
Next, let's follow the instructor and practice Good 9 Yoga together.

Good 9 Yoga can help us develop our central nadi energy passage. Each of the nine actions can help us enhance energy and eliminate toxins. We can do each action nine times or so at home. We can totally relax ourselves and connect to the Great Compassion.

**Belly breathing**

As we practice Good 9 Yoga, we adopt belly breathing.

Keep your feet as apart as your shoulders and slightly bend your knees.



**Preparation - Yun-Tsang**

Keep your hands 20 centimeters away from your chest.

Allow yourself to breathe freely.

And try to make yourself feel really relaxed.

Meanwhile, we can pray for the empowerment of the Great Compassion.

Or you may also pray for the supreme God you believe in.

Let energy swiftly pass through your body.

To awake the healing power of all your cells.

Immerse our bodies in the energy of the Great Compassion.

You can feel increasingly relaxed, from head to toes.

Allow your body, mind, and soul to completely trust the Great Compassion and merge with it.

# 燃光

當我們越來越放鬆至2-3分鐘，我們慢慢將雙手放下與地面平行，配合自己呼吸，吸氣的時候我們慢慢張開雙手，吐氣的時候慢慢將雙手合起，如此一來一回約18次。

## 第一式 燃光

完全なリラックスにいたる2~3分間は、両手の平を地面と平行に降ろし、じぶんの呼吸に合わせて、息を吸う時はゆっくり両手を開き、息を吐く時にはゆっくりと両手を合わせます。この動作を18回繰り返します。

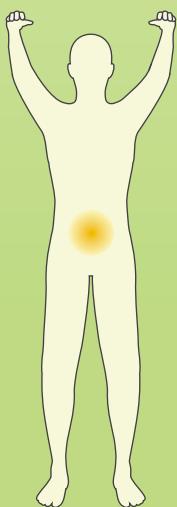


# 流動

雙手放在自己的兩側，隨順呼吸，吸氣時雙手緩緩抬起至頭頂，吐氣時候慢慢微微放下，吸氣時候我們雙手微微抬起至頭頂，閉氣2-3秒，吐氣雙手慢慢放下讓全身完全放鬆，配合自己的呼吸讓雙手掌都完全沉浸到宇宙浩瀚能量之中。

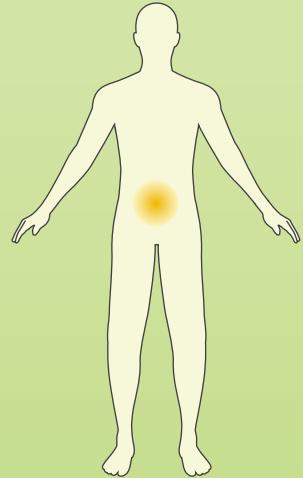
## 第二式 流動

両手は自身の両側に置き、普通に呼吸をし、息を吸うときは、両手をゆっくりと頭のてっぺんに上げ、吐く時はゆっくりと降ろします。息を吸うとき、両手はゆっくりと頭のてっぺんに置き、2~3秒息を止めます。息を吐くときは両手をゆっくりと降ろし、全身を完全にリラックスします。自分の呼吸に合わせ、両方の手のひらが宇宙の広大なエネルギーの中に浸るようイメージします。



# 淨光

將雙手斜放於身體兩側45度，配合呼吸。吸氣時將雙手緩緩抬起到眉心輪處，閉氣約2-3秒，吸氣時候將雙手緩緩放下，慢慢的將雙掌放於身體兩側，當我們吸氣時候我們想像自己吸進宇宙浩瀚能量，閉氣2-3秒，呼氣我們想像全身負向的能量沿著雙手雙腳慢慢排出身體外，如此來回9-18次或隨心練習，讓自己全身完全放鬆，沉浸在宇宙浩瀚能量之中。



## 第三式 淨光

両手を体の両側面45度に斜めにひろげ、呼吸を整え、息を吸う時には両手をゆっくりと上げて眉間まで持っていき、2~3秒息を止めます。息を吐くときは両手をゆっくりと体の側面に沿って降ろします。息を吸うとき、自分が宇宙の広大なエネルギーを吸い込むと想像して2~3秒息を止め、息を吐くときは、両手・両足より体内のマイナスエネルギーを排出するようイメージします。これを9~18回繰り返します。全身が完全にリラックスし、宇宙の広大なエネルギーのなかに浸ります。

## Ran-Kuang

After we feel increasingly relaxed for two to three minutes, we should slowly drop our hands to parallel the ground.

Regulate your own breath.

When we inhale, we slowly keep our hands apart.

And then, we put them together as we exhale.

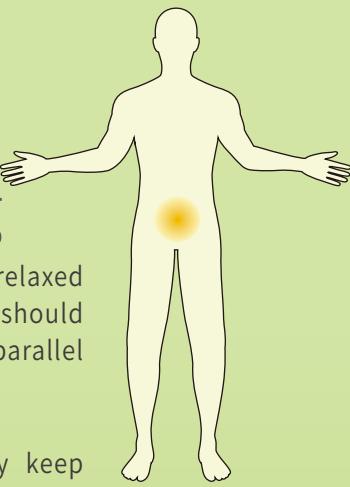
Regulate your breath.

And try to make yourself feel really relaxed.

Inhale and keep our hands apart slowly.

Exhale and put them together slowly.

Repeat this round about eighteen times.



## Liu-Dong

We naturally drop our hands on both sides, and regulate our breath.

Inhale and gradually raise your hands to the top of your head.

Exhale and slowly put them down.

Inhale while slowly raising your hands to the top of your head.

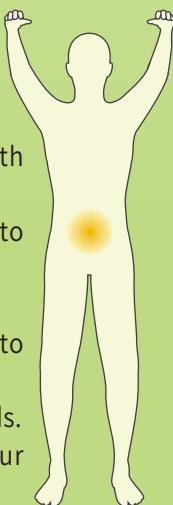
Hold your breath for two to three seconds.

Exhale while slowly putting down your hands.

Make yourself feel totally relaxed.

Regulate your breath.

Let both your palms be thoroughly immersed in the energy of the Great Compassion.



## Jing-Kuang

We form an angle of 45 degrees with our hands on both sides.

Don't forget to regulate your breath.

As you inhale, slowly raise your hands to the brow chakra.

And hold your breath for two to three seconds.

Drop your hands during exhalation.

And then gently lay down your palms while returning to the starting position.

As we inhale, we can imagine that we breathe in the immense energy of the universe.

Hold breath for two to three seconds.

As we exhale, we imagine that we eliminate all the negative energy in our bodies.

Inhale, and imagine that we are breathing in the immense energy of the universe.

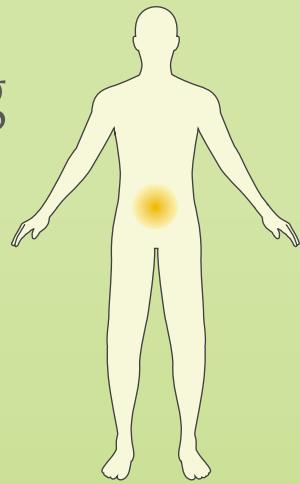
Hold breath for two to three seconds.

Exhale, and imagine that we are getting rid of all the negative energy from our bodies through our palms and feet.

Repeat this round nine to eighteen times.

Or do it as often as you wish.

Allow yourself to feel completely relaxed and be immersed in the Great Compassion.



# 心開



雙手合掌與胸前配合自己呼吸，吸氣時雙手往上延伸，頭微微抬起雙手至頭頂端處，向兩側打開，象徵我們的心也打開如同虛空般的浩瀚，雙手平身時緩緩吐氣至雙手掌合起便可緩緩吸氣，吸氣時雙掌往上延伸至最頂端處向兩側打開，讓自己完全沉浸大慈悲愛力能量之中至雙手掌平身時緩緩吐氣，當兩手掌漸漸合起緩緩呼吸，雙手掌慢慢往上延伸、打開，平身時吐氣，讓自己完全放鬆，完全將心自己沉靜大慈悲愛力之中。

## 第五式 心開

両手は胸の前で合掌し呼吸を整えます。息を吸うとき両手を上に伸ばし、頭をかすかに上向きにし、頭のてっぺんまで両手を伸ばします。体の両側面を開放し、広大な無の空間に心が開かれたことを現します。両手が平身時ゆっくりと息を吐き、両手を合掌し頭へ伸ばす時ゆっくりと息を吸うことが出来ます。息を吸うとき、両手を最も高く上へ伸ばし体の両側は開放され、大いなる慈悲愛力のエネルギーの中に完全に浸ることが出来、平身時息をゆっくりと吐きます。両手を合わせて上に伸ばすとき、ゆっくりと呼吸し、両手は上方へ伸びきりエネルギーの通りが開きます。平身時息を吐き、自己は完全にリラックスし、静かで大いなる慈悲愛力の中へ完全に溶け込みます。

# 光流

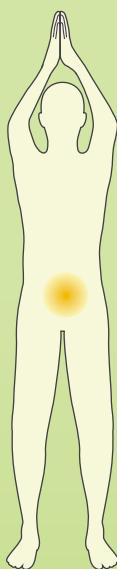
我們以雙掌，虛空掌合於胸前，虛空掌象徵我們的心如同虛空般浩瀚，當在第四次時我們可以再次向大慈悲愛力祈禱，配合自己呼吸，吸氣時我們雙掌緩緩往上延伸，往前畫圓圈，平身時緩緩呼氣。

## 第四式 光流

両手を無の心で胸の前に合わせます  
この手は自身の心が広大な無の世界

と同じであることを現しています。この第四式で再び  
大いなる慈悲愛力に祈ることが出来ます。呼吸を整  
え、息を吸うとき、両手をゆっくりと広げて伸ばし、前  
方に円を描きます。手の平を下向きに肩の高さで平行  
にして(平身時)、ゆっくりと息を吐きます。

。この手は自身の心が広大な無の世界と同じである  
ことを現しています。この第四式で再び大いなる慈悲  
愛力に祈ることが出来ます。呼吸を整え、息を吸うと  
き、両手をゆっくりと広げて伸ばし、前方に円を描きま  
す。手の平を下向きに肩の高さで平行にして(平身時  
)、ゆっくりと息を吐きます。



# Guang-Liu

Put our hands together with the palms slightly apart.

This gesture symbolizes that our minds are as infinite as the void.

Before we start Action Four, we can pray to the Great Compassion again.

While regulating our breath.

Inhale and gradually raise our hands to make a circle ahead of us.

As our arms are parallel to the ground, we start to exhale slowly.

Inhale and gradually raise our hands.

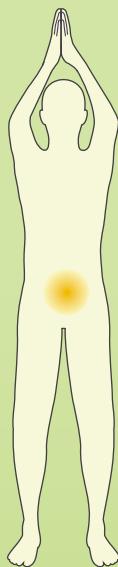
Slowly make a circle ahead of us.

Exhale when our arms are parallel to the ground.

Keep making circles.

Make yourself feel totally relaxed and regulate your own breath.

Fill your mind with the energy of the Great Compassion.



# Xin-Kai

Put your hands together and feel relaxed.

Regulate your breath.

Inhale and raise up your hands.

Lift up your head slightly.

As your hands reach the top, start to push them apart to both sides.

This symbolizes that your mind is as immense as the void.

Start to exhale when your arms are parallel to the ground.

And then start to slowly inhale again as you put your palms together.

Inhale and reach the top with your palms and then start to push them apart to both sides.

Allow yourself to be totally immersed in the energy of the Great Compassion.

Exhale slowly when your arms are parallel to the ground.

Inhale slowly when your palms are put together.

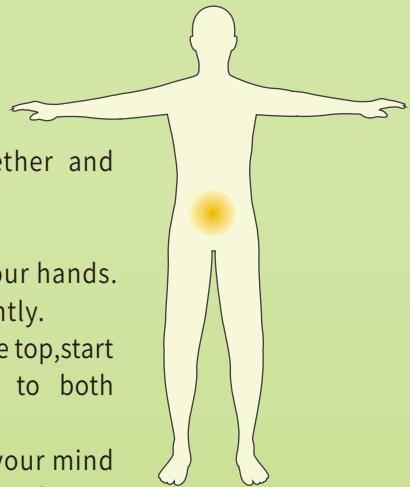
Let your palms reach the top and push them apart.

Exhale when your arms are parallel to the ground.

Be really relaxed.

Let your mind be as clear and free as the void.

Be thoroughly immersed in the Great Compassion.



# 無邊

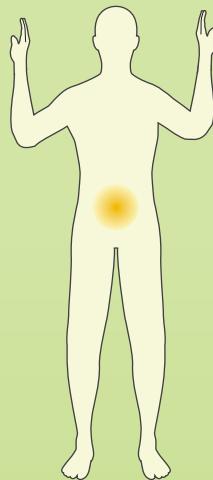
雙掌合於胸前，配合呼吸先微微呼吸，雙掌往兩側緩緩推開，推開時吸氣，當雙掌微微合掌配合吸氣至合掌時閉氣2-3秒，雙掌往外緩緩推開配合吸氣，當我們吸氣時我們可以想像自己的心延伸到宇宙合一，吸氣時雙掌微微收回，想像自己吸回宇宙浩瀚能量，閉氣2-3秒再緩緩往兩側推開，推開時呼氣

想像自己心如同虛空一般浩瀚的虛空合而唯一，讓自己完全沉靜虛空般的大慈悲愛力之中，讓全身細胞汰舊換新。

可以想像自己的心延伸到宇宙合一，吸氣時雙掌微微收回，想像自己吸回宇宙浩瀚能量，閉氣2-3秒再緩緩往兩側推開，推開時呼氣想像自己心如同虛空一般浩瀚的虛空合而唯一，讓自己完全沉靜虛空般的大慈悲愛力之中，讓全身細胞汰舊換新。

## 第六式 無邊

胸の前で合掌し、呼吸を整えだんだんとかすかに呼吸します。両手はゆっくりと両側へ開き、息を吸い込みます。両手が合掌し息を吸うことが整ったら2~3秒息を止めます。両手はゆっくりと外へ開き息を整えて吸うことが出来るようになります。息を吸うとき自分の心が延伸し宇宙とひとつになれるようにイメージします。息を吸うとき両手は少し縮め、宇宙のエネルギーを吸い込んでいとイメージします。更に2~3秒息を止めゆっくりと両側が開くと想像し息を吐き、自分の心が無となり、唯一の広大な無の世界と合体するとイメージします。自己は完全にリラックスし静かで無のように大きな慈悲愛力の中にゆだねられ、全身の細胞が新しくなります。



# 流暢

雙掌合於胸前微微呼吸，左手往上推右手往後下方推，向下推時緩緩吐氣，雙手旋轉時微微吸氣，當兩掌上下推開時緩緩吐氣，旋轉時緩緩吸氣，兩掌緩緩上下推開，緩緩吐氣，左右各為一次可以練習9次隨順呼吸完完全全放鬆。

## 第七式 流暢

胸の前に両手を合わせ、息を整えかすかな呼吸にします。左手は上向きに頭頂へ押し上げ、右手は下向きに下方へ押し下げ、下へ向かうときゆっくりと息を吐き、両手が旋回時かすかに息を吸います。両手が上下に開くとき息を吐きます。旋回時はゆっくりと息を吸い、両手はゆっくりと上下に開き、ゆっくりと息を吐きます。左右の動作を一回の動きとして9回呼吸動作をくりかえし完全にリラックスする事が出来ます。



## Wu-Bian

Put your hands together in front of your chest and regulate your breath.

Inhale gently and then exhale when you push your hands to both sides.

Gently put your hands together as you inhale.

Hold your breath for two to three seconds.

Push your hands to both sides while you are exhaling.

When we exhale, we can imagine that we are extending our minds to the universe.

Be totally merged with the universe.

When we inhale, we gently put our hands back together, imagining we breathe in the immense energy from the universe.

Hold breath for two to three seconds and then push your hands to both sides.

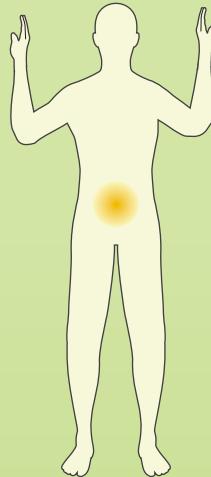
Exhale while pushing your hands to both sides.

Imagine that your mind is compared to the void.

Merge with the infinite void.

Allow yourself to be totally immersed in the Great Compassion.

Refresh all your cells.



## Liu-Chang

You have to put your hands together in front of your chest and gently inhale.

Push your left hand upwards while pushing your right hand downwards and backwards.

Exhale when you push your both hands upwards and downwards.

Inhale gently while you are rotating your hands.

Exhale gently when you push both hands upwards and downwards.

Inhale gently during the rotation.

Push your hands slowly and exhale slowly.

A round of this action comprises a left rotation and a right rotation.

Repeat nine rounds.

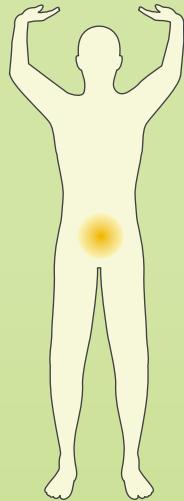
Regulate your breath and be totally relaxed.

Feel the infinite universal energy is extending and expanding as we rotate our arms.



# 無量

以虛空掌於胸前，配合吸氣雙手做舀水狀，由外往內緩緩上升將雙手提昇至最頂處閉氣2-3秒在緩緩吐氣，吐氣時配合雙掌緩緩往下延伸，此時雙手掌向內所有的指尖對準自己脊椎通往下排出，當我們呼氣時我們可以想像海底輪有一股非常浩瀚的能量至脊椎通道緩緩升起升至頂輪由頂輪流出，雙手掌至頂輪處閉氣2-3秒，緩緩吐氣於自己指尖對準脊椎，將我們脊椎與全身負向能量給拉出排出體外，如此來回9次讓自己全身沉靜宇宙大慈悲愛力之中，讓我們中脈脊椎到完全敞開，在呼氣時將脊椎通道所有負向與壓力排出體外讓自己越來越放鬆，讓自己全身都完全沉靜在宇宙浩瀚愛力之中。



## 第九式 無量

無の気持ちで胸の前に手を置き、両手のひらを上向きにして水状(水を汲む形)とし、息を吸いながら手を上に上げます。最も上に上がったところで、2~3秒息を止め、ゆっくりと息を吐きます。息を吐くときはゆっくりと下へ降ろします。この時、両手の平は全ての指先が自分の脊椎を意識して下降と共にマイナスのエネルギーを排出し、息を吸うとき、海の底に輪が有り、それが強力なエネルギーを持っていて、それが脊椎を通ってだんだんと頭部に達し外に抜けると意識し、2~3秒息を止めます。息を吐く時、両手の平は内側の全ての指先が自分の脊椎を意識して下降と共に全身のマイナスのエネルギーを全て排出すると意識します。このように9回は全身を静かな宇宙の大慈悲愛力の中に浸します。体内的脊椎にある経脈(チャクラ)は完全に開放されます。息を吐き出すとき脊椎の通路は全てのマイナスエネルギーを体外に排出します。全身は完全に静かな宇宙にある広大な愛力の中に浸ります。

# 永現

雙掌合於胸前微微呼吸，由左側開始身體往左緩緩轉動於右手推左肩，推時我們緩緩呼氣，當身體轉旋轉時緩緩呼吸在以左手推又肩膀，推時緩緩呼氣身體旋轉吸氣，推時緩緩吐氣，如此左右各一，我們可以練習9次讓自己保持完全放鬆，配合身體轉動，讓全身多餘的負向能量完全排出體外，讓自己從頭到腳都完全沉靜大慈悲愛力能量之中，配合自己呼吸，旋轉時呼氣往左右推時吐氣。

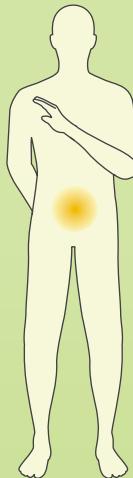
## 第八式 永現

両手は胸先に合わせ、かすかに呼吸し、左側からゆっくりと左に体を回転し右手で左肩を押すようにします。この時ゆっくりと息を吐き出します。体が回転するときゆっくりと息を吸い、左手で肩を押します。押すときゆっくりと息を吐き、体が回転するとき息を吸います。押すときゆっくりと息を吐きます。この左右の動作を一回とし、9回行うことで完全なリラックスを維持できます。体の回転動作を整え、全身の余分なマイナスのエネルギーを对外に完全に排出します。頭から足まで完全に静かで大きな慈悲愛力のエネルギーの中に浸ります。呼吸を調整し、回転時息を吸い、左右を押すとき息を吐き出します。



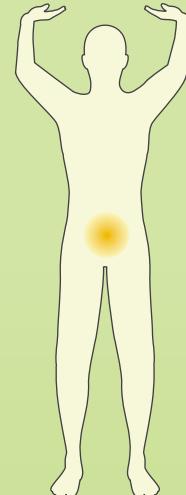
## Yong-Xian

Put your hands together in front of your chest and inhale gently. Let's start with the left side. As your body turns to the left slowly, push your right hand to your left shoulder. As you push your right hand to your left shoulder, you should exhale gently. Inhale gently when you turn back your body. Now, push your left hand to your right shoulder. Keep turning to the sides. Exhale gently when you push your hand. Inhale gently when you turn back your body. Exhale gently when you push your hand. A left push and a right push make up a round. Repeat nine rounds. Be fully relaxed. Don't forget to rotate your body to eliminate all the negative energy in your body. Regulate your breath. Inhale when rotating your body. Exhale when you push your hands to both sides. Be totally immersed in the energy of the Great Compassion.



## Wu-Liang

Put your hands together in front of your chest with the palms slightly apart. Inhale. Cup your hands and raise them up gradually. Let your hands reach the top and hold your breath for two to three seconds. Then exhale slowly while slowly putting down your hands. Meanwhile, let your palms face your body, with all fingertips pointing at your spine. Lower your fingertips slowly. When we inhale, we can imagine that there is immense energy coming from our base chakra. The energy rises from the bottom to the top of our spines and finally overflows from the top chakra. Place your hands over your top chakra and hold your breath for two to three seconds. Exhale gently with your fingertips pointing at your spine. By doing so, we can eliminate all the negative energy in our bodies. Repeat nine rounds. And be totally immersed in the Great Compassion. Completely smoothen the central nadi in your spine. As we breathe, we can feel immense energy rushing upwards from the base chakra. When you exhale, you can get rid of all the negative energy or pressure from your spine or your body. Be increasingly relaxed. Be totally immersed in the Great Compassion.

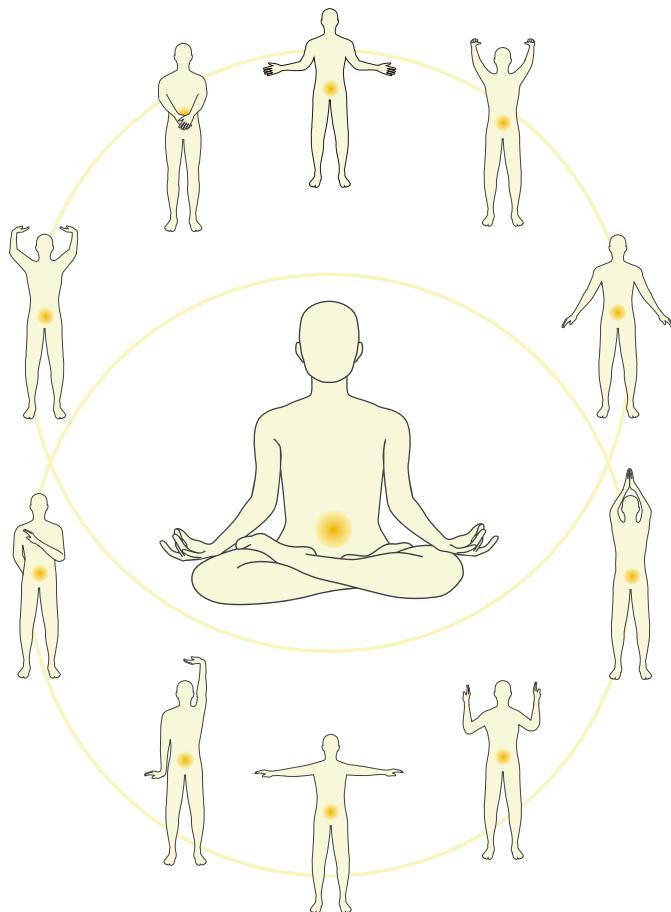


# 收功

收功時女生右手握著左手，男生左手握著右手，我們將雙掌放於下丹田處順時鐘畫圈九次，逆時鐘畫圈九次，讓自己完全放鬆最後將雙掌放於肚臍處約18秒在心中默默想收功。

終了

終了のとき、女性は右手を上に左手を握り、男性は左手を上に右手を握り、丹田の前で右回り・左回り各9回両手を回転し、完全にリラックスし、両手は臍のところに18秒置き瞑想を行います。そして終了します。



## Closing

When terminating the practice,  
On the contrary, males should do the opposite.  
Females should put their right hands on the tops of  
their left ones.  
Place our palms on the belly chakra  
And make nine circles clockwise.  
Make nine circles counterclockwise and be totally  
relaxed.  
Finally, put your palms on your navel for about  
eighteen seconds.  
Tell yourself silently that the practice has come to its  
end.

光流瑜伽九式  
光流ヨガを  
Good 9 Yoga

# 光流ヨガを Good 9 Yoga

それは、リラックス・静・定・覚・自然です

Good 9 Yoga of Yana is a pretty simple and learners-friendly practice.



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