



Every now and then, you meet that yoga teacher who seems to bring inspiration like a bolt of lightning raining down on your head. A devotee of Baptiste Power Vinyasa yoga, I found that bolt of lightning relatively close to home. Meet Mark White of MBody Yoga.

The first thing you will notice about Mark is his infectious smile. He lights up the room with energy and an amazingly positive and uplifting attitude. Mark comes into a studio and immerses himself in the community. Sharing personal experiences with his students, he makes you realize that we all have similar experiences, to varying degrees, and that our feelings are, well... normal. We all have things we want to change, and fix, and we all have feelings of inadequacy and fear.

Ignite Your Power

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