



CARRIE BARTON-FOX

Carrie (Karunadasi) trained at the Satchidananda Ashram and Integral Yoga Headquarters in Virginia, USA and has been teaching adults, children, and special yoga for the past nine years. Carrie also specialised in pre & post-natal yoga, yoga with babies, children & families, restorative yoga and chair yoga to enable yoga to be taken to all areas of the community.

Yoga with me integrates all branches of yoga, Hatha, Raja, Karma, Japa, Jhana & Bhakti to provide a wholesome and rounded practice that helps the individual develop and become easeful in the body and peaceful in the mind.