

*Alina Khairulina practices Hatha-yoga 6 years. She also practices other yoga styles.*

*She graduated from trainer course in Czech Yoga Academy.*

*From 2014 teaches Hatha-yoga, mainly for beginners. Teaches in Prague (Czech Republic) in Russian.*

*From February 2015 holds Yoga nidra classes.*

*Within her classes holds also mantra yoga. Sings mantras of different traditions with or without music (accordion, karatalas, mridangam).*

