[Fawzia Munshi](https://sunchasers.yoga/meet-the-team/):

30 Minute Meditation

60 minute asana

A self-proclaimed Global Citizen and nomad-type who’s proud to have many diverse spaces and faces to call home and family. After a series of traumatic events propelled me into a yoga studio roughly 10 years ago, it was clear from the first class, that yoga would be with me for the rest of my life. While I’ve come a long way from the Bikram bunny who I was back then, the heart of the practice has remained the same: Stillness, breath, and the observation of sensation.

Yin Yoga is one of the most therapeutic and insightful places that my practice has since bought me to. It’s in this place where I feel the most expansive, limitless, and free. Even though getting there isn’t always easy (because letting go is the hardest part!), holding space for others to do the same is an honor that brings my heart a clear sense of purpose. Breath IN | Love OUT