

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



Shift Happens!

with Karin Weiri



Shift Happens! Archives Available

**January 15th 2019: Diving into the Rabbit Hole
of Yoga; It's Not just Stretching**

Today we are going to take a deep dive into the rabbit hole of yoga with yoga instructor Bill Kinloch as he shares how finding yoga became the excelerator in his own emotional healing. The more you learn about yoga, the more you learn how little you know. Yoga is a spiritual, emotional, and physical journey that changes the neurobiology, calms the central nervous system, and gets us out of our heads and into our bodies.



Tune in

Archives Available on
VoiceAmerica Health and
Wellness Channel

EPISODE ON DEMAND

VIEW HOST PAGE

Featured Guest



William "Bill" Kinloch

William Kinloch has lived in 5 states and worked as a leader and mentor for the past 8 years in the mental health arena. As a student of life he found yoga 5 years ago and became a yoga teacher with over 500 hours of training in mostly Kripalu and Ashtanga practice. In his practice and in life he is of service to others through yoga and kind and compassionate actions.

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG