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Nicole DeAvilla, E-RYT 500, RPYT The 2 Minute Yoga Solution FAST and EASY Stress and Back Pain Relief for ANYONE at ANYTIME International Association of Yoga

The 2 minute yoga solution: fast and easy stress

Nicole DeAvilla, aka the Yoga professor, is the creator and author of The 2 Minute Yoga Solution, and has been featured in The International Journal of Yoga Therapy

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Publications | nicole deavilla

Books: The 2 Minute Yoga Solution FAST and EASY Stress and Back Pain Relief for ANYONE at ANYTIME, Bush Street Press, 2012. Advanced Yoga Teacher and Yoga Therapist

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