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## Open to Hope

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**September 20th 2007: Opening Your Heart With Yoga**

Jason Wendroff-Rawnicki is a bereaved sibling and registered yoga teacher through the National Yoga Alliance. He also holds a Master of Arts in Psychology from Teachers College, Columbia University. The synthesis of his training in psychology with the healing work of yoga is achieved in a form of energy healing called Polarity Therapy. He received his Polarity training from The Open Center in NYC and an Associate Polarity Practitioner certificate from the American Polarity Therapy Association. Through the belief that we all have the power to heal ourselves, Jason guides his students and clients.

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