Angela Inglish-Gill was trained in Ashtanga yoga at the Ayurveda Retreat in Coonor, India, in 2010. In 2014 she completed another 200-hour teacher training in power yoga with the Africa Yoga Project in Kenya and an additional 100 hours in the Kaivalya Yoga Method in New York City. She has taught various types of yoga classes all over Kampala since 2012 and is happy to have Karuna Studio as her base for her Saturday vinyasa class. Angela loves sharing her passion for yoga through fun and challenging flows that are accessible to students of all levels. Weaving in reflections and guidance from teachers of all disciplines who have influenced her provides grounding that enhances the physical practice