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based on the original Kemetic (Ancient Egyptian) teachings and images discovered by Dr. Muata Ashby.

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Kemetic yoga is an Egyptian system of yoga which involves a combination of physical movements, deep breathing

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techniques and meditation. This form of yoga has a larger emphasis on breathing patterns, while also inculcating the philosophies of self-development, healing of mind-body-spirit and self-discovery.. Kemetic yoga originated in ancient Egypt, then known as "Kemet".

Kemetic yoga - Wikipedia

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Egyptian Yoga features several of the best known postures of traditional Indian Yoga, such as the Lotus, the Cobra, the Bridge, the Plough. However, it also features a complete set of original postures with a strong emphasis on verticality, spinal axis correction and concentration development.

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Egyptian Yoga: a millenary practice for modern man
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carefully and recall to memory all he has
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Egyptian Yoga website. Dr. Muata Ashby
and Dr. Dja Ashby. Here you will find
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enhance your journey of self-discovery.

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Egyptian postures mainly focused on lengthening the spine to correct imbalances in the body as well as postures designed to cultivate focus.

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