



Yoga Sequencing

DESIGNING TRANSFORMATIVE YOGA CLASSES

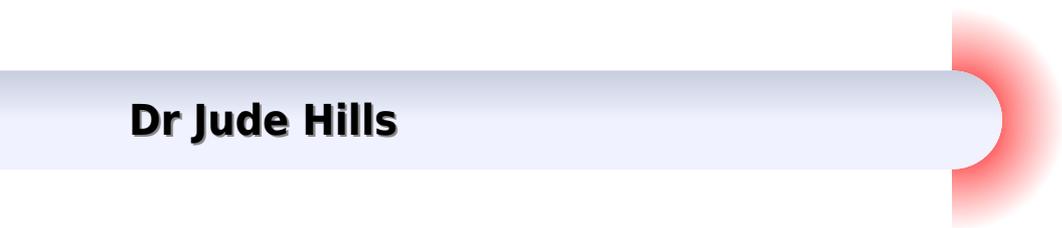
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Yoga Sequencing Designing Transformative Yoga Classes

Dr Jude Hills



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