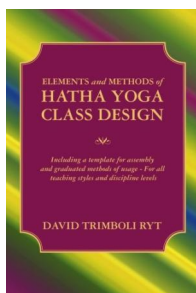


Elements and Methods of Hatha Yoga Class Design: Including a Template for Assembly and Graduated Methods of Usage for All Teaching Styles and Discipline Levels



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(Simone Goyette II)

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