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Columbia Valley Spirit Yoga Hatha Yoga and Chi Kung Methods for Fitness, Learning, Contentment, and Insight A Variety of Hatha Yoga and Qigong Theories and Practices

Columbia Valley Spirit Yoga, Qigong, Taijiquan; Instructor

The Hatha Yoga Pradipika The Original Sanskrit Svatmarama An English Translation Brian Dana Akers
YogaVidya.com

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Yin yoga - Wikipedia

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Yoga nidra - Wikipedia

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