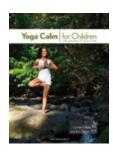
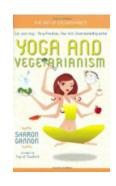
YOGA / PILATES / TAI CHI / BODYWORK



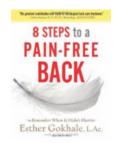
YOGA CALM FOR CHILDREN Educating Heart, Mind and Body Lynea Gillen, MS and Jim Gillen, RYT Three Pebble Press, LLC



CONTACT:
The Yoga of Relationship
Tara Lynda Guber and Anodea
Judith, PhD.
Mandala Publishing



YOGA AND VEGETARIANISM Sharon Gannon Mandala Publishing



8 STEPS TO A PAIN-FREE BACK

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