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Yoga - Wikipedia -

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Asana - Wikipedia -

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- In conjunction with an online course on Yoga As Medicine on Yoga U, I recorded this video.It's over 40 minutes long, and is a good introduction to my overall approach to yoga therapy, my ideas about what yoga teachers and therapists should â€œ and shouldn't â€œ be doing with students with medical conditions, integrating yoga into modern medical ...

Yoga as Medicine - Welcome -

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