



# Yoga Sequencing

DESIGNING TRANSFORMATIVE YOGA CLASSES

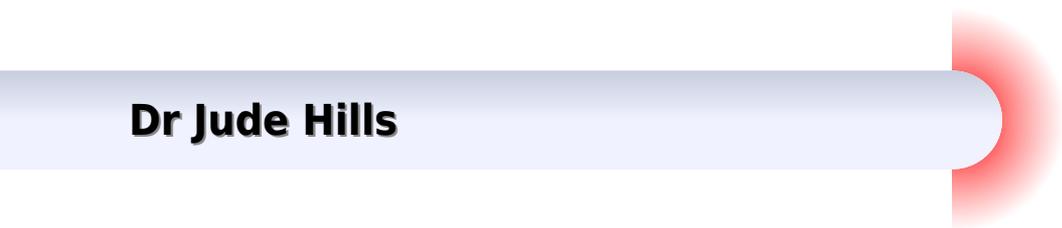
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—LESLIE KAMINOFF, coauthor of *Yoga Anatomy*

**MARK STEPHENS**

Author of *Teaching Yoga* and *Yoga Adjustments*

# Yoga Sequencing Designing Transformative Yoga Classes

**Dr Jude Hills**



## **Yoga Sequencing Designing Transformative Yoga Classes:**

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Unleash Courage in **Yoga Sequencing Designing Transformative Yoga Classes** . In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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