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Krishnamacharya Paperback – Sept. 13
2011 by T. K. V. Desikachar (Author), R.
H. Cravens (Author), Michael Lerner
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11, 2016. Above and Beyond Yoga,
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7:25am Morning Meditation 7:30am -

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8:45am Morning Practice 9:00am -
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E-RYT 500, is the Mindfulness Manager at the University of Washington, yoga teacher (& trainer), life/health coach, wellness educator, and lover of the

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