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SCIENTIFIC KEYS VOLUME II: The Key Poses of Hatha Yoga ? Ray Long, MD, FRCS ... Microsoft Word - Philip Urso Yoga Teacher Training Overview b Author:

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http://kauaiyogaschool.com/YTT_application_2011.pdf

Kauai Yoga School RYS ... The Key Poses of Hatha Yoga Volume I & II. Your Guide to Functional Anatomy in Yoga, Ray Long, MD, FRCS.

[www.jillmilleryoga.com](#)

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In Part 1 of the training, you will learn a variety of Master Poses broken down Yoga Tune Up® style. ... The Key Muscles of Hatha Yoga, Ray Long MD.

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[download a flyer with training details. - Prana Yoga Center](#)

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- Asana – anatomically aligned, structurally balanced yoga poses to enhance functionality ... - Scientific Keys Volume 1: The Key Muscles of Yoga – Ray Long

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