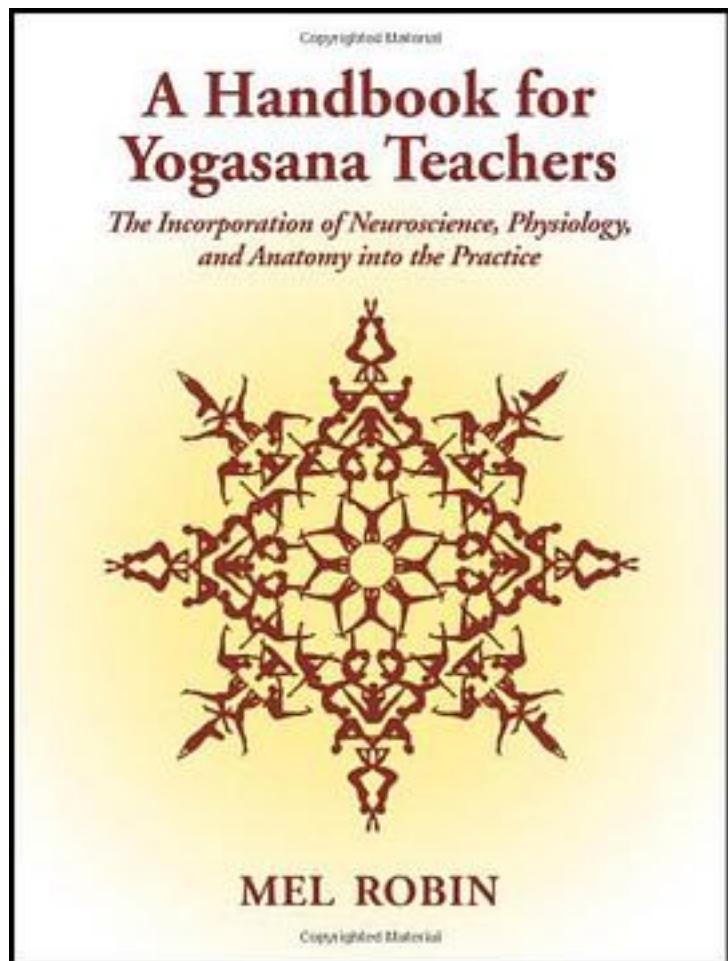


A Handbook for Yogasana Teachers



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An excellent resource for teachers and students of yogasana, medical professionals, and bodywork practitioners, A Handbook for Yogasana Teachers presents novel aspects of physiology and neuroscience as they apply to the practice of yoga. If you

have ever wondered why we do yogasana as we do, you will likely find the answers within these pages.

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