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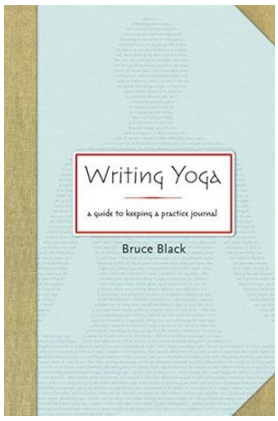
WRITING YOGA: A GUIDE TO KEEPING A PRACTICE JOURNAL



Rodmell Press. Paperback. Book Condition: new. BRAND NEW, Writing Yoga: A Guide to Keeping a Practice Journal, Bruce Black, Writer and editor Bruce Black began studying yoga five years ago, after his knees could no longer stand the stress of running. Shortly after taking his first class, he started keeping a journal to explore his experiences on the mat. Out of his journal and his devotion to Anusara Yoga has emerged a book that delves into the nexus of yoga,...

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