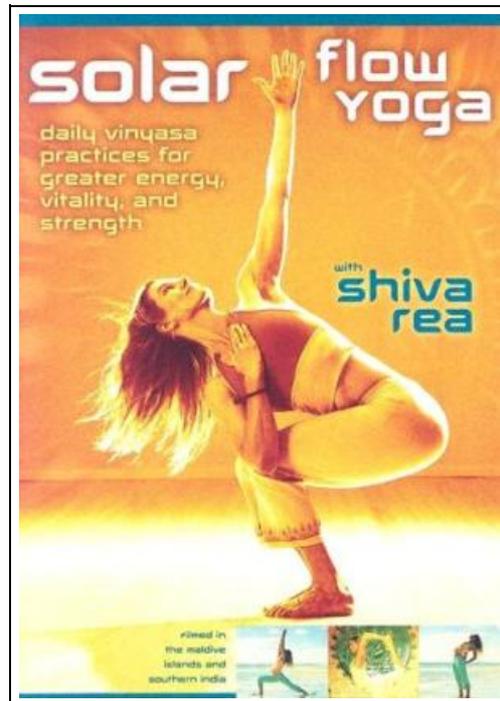


Solar Flow Yoga



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Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Evie Emmerich)

SOLAR FLOW YOGA



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SOUNDS TRUE INC, United States, 2010. DVD video. Condition: New. Language: English . Brand New Book. Solar Flow is intended to revitalize and strengthen both beginning and intermediate students with the invigorating energy of the sun. A progressive program of 15 vinyasa (flow) sequences from sun salutations to Shiva s innovative ?Dancing Warrior? technique, Solar Flow features two hours of immersive material. DVD features include: tutorial instruction in the techniques of flow yoga, four complete pre-set guided practices, and an easy-to-use DVD menu for designing your own sequences.



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