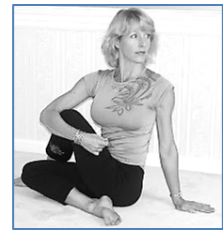


Yoga for Menopause

A Holistic Approach to the Health and Fitness of Women over 50



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List of 85 Yoga postures and other Yoga / Mind-Body Fitness methods

This text does not provide specific instructions for how to perform each of these postures. It is assumed that certified fitness professionals who are taking this course already have prior experience with teaching yoga. Instead of repeating 'how to do it' this text focuses on providing unique details and interesting or alternative perspectives for each pose that will help you attain a deeper understanding of the mind-body connection.

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