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YOGA I can think of no better book to recommend to a friend beginning to be excited by yoga but bewildered by the plethora of different schools and their sometimes conflicting teachings.

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Hudson Leick Healing Heart Yoga Yoga Retreats

About Hudson. My name is Hudson Leick. I've been practicing yoga since I was 23 years old. It began in New York City and after each class I would find such peace and calm.

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