

The Aerial Yoga Manual Volume 1

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The Aerial Yoga Manual Volume

open up classes for aerial yoga. There's a lot that happened in between then and now which is a story for another time. It suffices to say that I suddenly found myself with the freedom to spend time working on perfecting an aerial yoga curriculum while producing this manual and the videos that go with it.

The Aerial Yoga Manual Volume 1 - Aerial Dancing

The Aerial Yoga Manual Vol.1 [Rebekah Leach] on Amazon.com. *FREE* shipping on qualifying offers. With over 300 detailed pictures, this step-by-step manual covers all the basics of a first course in aerial yoga. Pigeon

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The Aerial Yoga Manual : Volume 1 by Rebekah Leach covers all the basics of a first course in aerial yoga. Over forty moves are described step by step with the help of clear photographs. Designed for both teachers and students.

The Aerial Yoga Manual : Volume 1 Rebekah Leach.

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