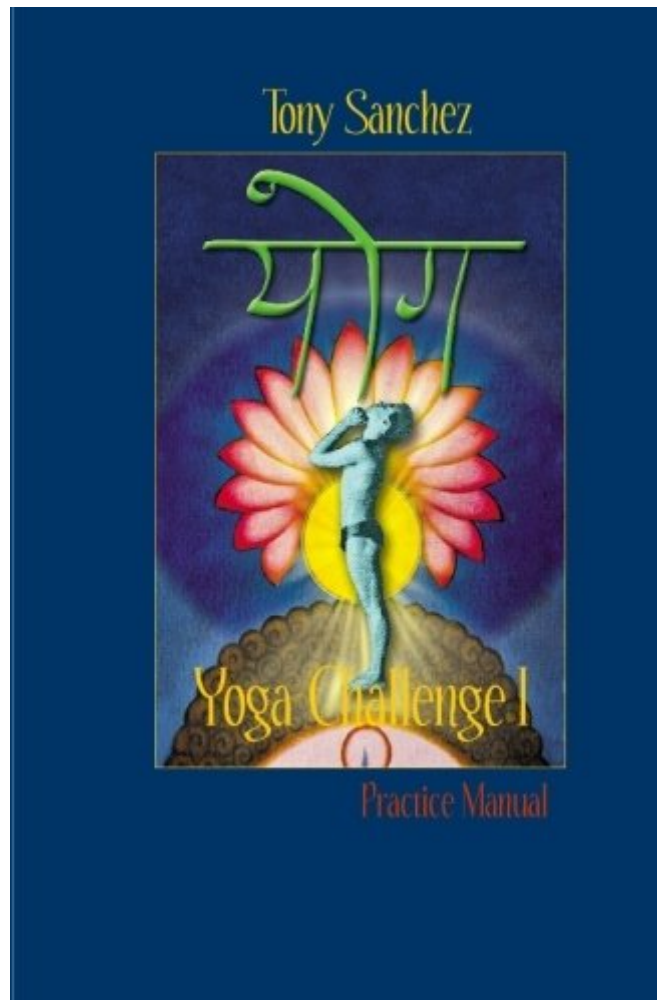


# Yoga Challenge I: Practice Manual PDF



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Yoga Challenge I: Practice Manual by Tony Sanchez ISBN 1441443193

The Yoga Challenge I, Practice Manual is for instructors-in-training and home practitioners. Detailed instructions include modifications and basic principles of movement for injury-free yoga practice. Companion to DVD, Yoga Challenge I, Hatha Yoga with Tony Sanchez. A one-hour, beginning/intermediate series that originates from the 84 asanas from the Bishnu Ghosh lineage.

## **Yoga Challenge I: Practice Manual Review**

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