

# **Yoga Step-by-Step (Skills In Motion)**

**By Michael Spilling**

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Dylan looks to bring awareness through motion flexibility and health are achieved every time we step on the mat and it s the beauty of yoga Pure Yoga Member

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Hetherington. 32 decreased range of motion. I have done yoga for years but am no

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yoga and other movement skills which spill over into the rest of my life on a daily basis. I appreciate the step by step approach to teaching which gives

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