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May 24th, 2020 - vinyasa flow is one of my favorite yoga routine for yoga beginners like me i chose to follow a simple flow sequence and later on slowly changed it to suit me better as i practiced more and more vinyasa is a stylistic approach to practicing yoga it means to link a series of asanas or poses together by flowing from one to the next'

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May 10th, 2020 - the beauty of vinyasa yoga is in getting from one pose to the next in a fluid and systematic way this book shows exactly how that is done with prehensive information on over 900 asanas this book is the first to present the entire asana sequences and the authentic teachings of the original founder of modern yoga sri t kishnamacharya'

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