



Mastering the Secrets of Yoga Flow

Doug Swenson

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World renowned yoga instructor Doug Swenson introduces Sadhana Yoga, which connects traditional yoga postures with flowing movements to enhance the experience-an experience that will help yoga students relax and build their strength.

Utilizing movements similar to tai chi, Sadhana Yoga techniques connect the standard yoga postures-keeping the flow of positive energy circulating in an improved workout for fitness and relaxation.

Now yoga students can achieve peace of mind and spirit while toning their bodies, with a revolutionary new approach that can be used with any type of practice.

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