

A Chair For Yoga: A Complete Guide To Iyengar Yoga Practice With A Chair By Dr. Eyal Shifroni

By Dr. Eyal Shifroni

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Iyengar yoga practitioners use these chairs This workshop was inspired by Senior Iyengar Instructor, Eyal Shifroni A complete Guide to Iyengar Yoga Practice

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A Chair for Yoga offers a complete guide to Iyengar Yoga practice Eyal Shifroni, A Chair for
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