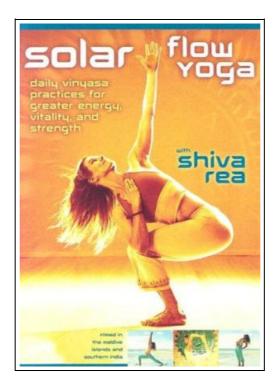
Solar Flow Yoga



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SOLAR FLOW YOGA



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SOUNDS TRUE INC, United States, 2010. DVD video. Condition: New. Language: English . Brand New Book. Solar Flow is intended to revitalize and strengthen both beginning and intermediate students with the invigorating energy of the sun. A progressive program of 15 vinyasa (flow) sequences from sun salutations to Shiva s innovative ?Dancing Warrior? technique, Solar Flow features two hours of immersive material. DVD features include: tutorial instruction in the techniques of flow yoga, four complete pre-set guided practices, and an easy-to-use DVD menu for designing your own sequences.



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