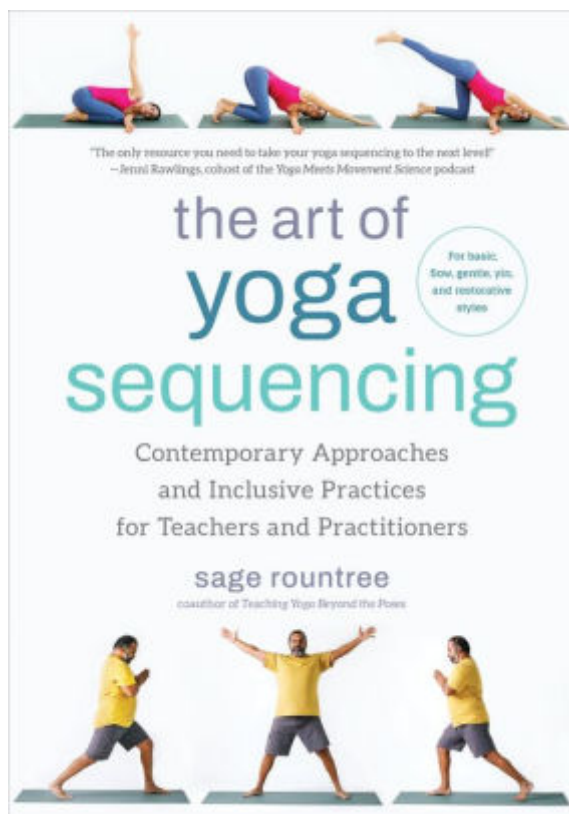


The Art of Yoga Sequencing: Contemporary Approaches and Inclusive Practices for Teachers and Practitioners--For basic, flow, gentle, yin, and restorative styles

by Sage Rountree



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