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Verso Il Proprio Centro Interiore

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practicing students. The class aims

to build strength, release stress and

tension from joints, and muscles,

and give you time to relax and

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l'illustrazione di 46 posizioni,
sequenze e spiegazioni sui
meridiani. Che cosa è lo Yin Yoga,
da dove nasce, e perché è
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deeply in this yin yoga practice
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Alchemy. Yin and restorative yoga
are powerful practices for ... Yin
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