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The software focuses on the anatomy and kinesiology of yoga postures and instills a deep understanding of the wisdom of ancient yoga – in the spirit of the modern world. The system focuses on the applicative side of adapting yoga to western civilization

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THERAPY,

MENTOR) Gabriella

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therapist with the International Association of Yoga Therapists, and has been working at Manhattan Physical Medicine and Rehabilitation under the guidance and tutelage of Dr. Loren Fishman since 2015.

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