

THE YOGA DOCTOR

*Your Essential
Guide To A
Pain-Free
Lifelong Yoga
Practice*



Patti Shelton, MD

The Yoga Doctor Your Essential Guide To A Pain Free Lifelong Yoga Practice

Joacim Rocklöv



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Southwest Includes approximately 17 500 names from the region embracing Alabama Arkansas Florida Georgia Kentucky Louisiana Mississippi North Carolina Oklahoma South Carolina Tennessee Texas Virginia West Virginia Puerto Rico and the Virgin Islands Because of its importance and its contiguity to the southwestern United States Mexico is also covered in this volume

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