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# **Science Of Yoga Understand The Anatomy And Physiology To Perfect Your Practice English Edition**

## **By Ann Swanson**

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**understand and know the anatomy of our body For yoga teachers knowing about anatomy is a must Yoga teachers who can understand and apply these concepts of movement body mechanics and its effects in their classes will be reaching a high level of the teaching realm'**

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*in Yoga Therapy from Maryland University of Integrative Health where she is now on faculty*"**Science of Yoga Ann Swanson Hftad 9780241341230 Bokus April 12th, 2020 - Ann Swanson is a yoga therapist yoga teacher trainer and advocate for self care based in Denver Colorado USA Passionate about science she has taught college anatomy and physiology and holds a Master of Science in Yoga Therapy from Maryland University of Integrative Health where she is now on faculty"**Science of Yoga Understand the Anatomy and Physiology to****

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