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Yoga At Capilano University Where She Has Been Faculty Since 1997. She Started Her Own Yogic Studies In The Krishnamacharya Lineage In 1995 In Vancouver Before Going To Mysore, India In 2000 With BNS Iyengar. She Went On To Study With The Desikachars In Chennai, India And The Kraftsows On Maui. Apr 3th, 2021 Trauma Of Therapeutic Yoga After Complex Moving To Heal ... Guided Me Along The Way. While Their Support Means More Than I Could Possibly Put Into Words, I Would Like To Express My Immense Gratitude As Best I Can. To My Incredible Mentor And Dissertation Chair, Dr. Belle Liang, Your Encouragement And Support Gives Me The Courage To Follow My Heart And Believe In Myself, And Your Mentorship Inspires Me To Mar 5th, 2021.

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Yoga School Of Therapeutics - The Yoga Studio

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2. Yoga: A Gem For Women By Geeta Iyengar
3. Yoga The Iyengar Way By The Mehtas
4. Relax & Renew By Judith Lasater Or New Version Restore & Re-Balance
5. Scientific Keys Volume I: The Key Muscles Of Hatha Yoga By Ray Long, MD And Chris MacIver

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FREMANTLE YOGA CENTRE YOGA TEACHER TRAINING COURSE

Earned Her Teacher's Certificate At The Fremantle Yoga Centre In 2006 And In 2012 Became A Level 2 Certified Teacher With Yoga Australia. Jane Has A Special Interest In Applying The 8 Limbs Of Yoga To Her Own Practice And Teachings. She Believes The Therapeutic Application Of Yoga Means That Those With Scoliosis,

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