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CHOREOGRAPHY NOTES: YOGA INSPIRED ...TGC
Classes: Yoga Inspired Stretch - Block 1 Breaths Pose
Description And Names Inhale / Exhale, X5 Standing
Tall, Feet Hip Distance Apart, Arms Alongside Body:
Mountain Pose Inhale 1 / Exhale 1, X 10 (L&R, 5 Each
Side) From Standing, Inhale Extend Arms Up Alongsid
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Weebly(slow)4x8Transitation Prepare For
DeadliftStand High, Bar On Top, Back To Set.
V3Swas4x842/2 DeadliftTip Forward Slowly. I Have
You4x843/1 DeadliftA A Little Slower. Instr4x84Single
DeadrowBack Again Run, Down Hold Pull. BrYoull
See2x8Transitation To Prepare For CurlsTost High,
Change Grip. RefAll Itself4x842/2 CurlCurl Slow And
Sleek. I'll Jun 3th, 2024Bodyflow 47 Choreography
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Have Any Notes Out Because Thats A Les Mills No Apr
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Model 2196 LTO Frame 2 1/8" Shaft Dia. Max BHP -
200 HP 1 3/8" Shaft Dia. Max BHP - 40 HP 1 3/4" Shaft
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Creating A Particular Experience, But Does So Without
Being Present For That Direction, Which Initiated The
Idea Of Correlating The Art Of Interior Design With
Another Art, That Of Dance Performance. This

Connection Has Lent To The Discovery Of A Previousl
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