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## **A Manual For Yin Yoga**

Yin Yoga Class Was In November 2001 And It Was At That Triyoga Workshop In July 2002 That I Met Sarah Powers. I Began Teaching The Long Yin Sessions In

February 2003 And Attended A Training Jointly Taught By Paul And Sarah In January 2004. This Is Some Of The Background To Jan 1th, 2024

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