

Yoga Practice Audio CD

Yoga Practice with Peg Toliver



1. Spine Warming Standing Poses
2. Strength Building Standing Poses
3. Backbending Poses
4. Twists and Leg Stretches
5. Relaxation

75 minutes long
Includes pose guide
Balanced work out
for spine, hips and
shoulders can be
broken into 15 min
segments for shorter
practices.

Tracks

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2. Strength Building Standing Poses
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*Peg Toliver
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