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## yoga tape Good Advanced Yoga tape?? Are there any?

Posted by tufftata - 2008/11/17 19:27

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Hey everyone, Are there any good yoga tapes (VHS) out there that are more advanced? Most of the ones that I find are geared more towards beginners. I guess if you are advanced in Yoga you don't need tapes but I do. :-) Thanks Skree-fer Sent via Deja.com <http://www.deja.com/>

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Posted by Hari Har Singh - 2008/11/17 19:27

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With your link I found and ordered: Yoga with Richard Freeman: Ashtanga Yoga Primary Series Thanks Namaste, Tufftata Here's a link: <http://www.ashtanga.com/html/videos.html> <tufft...@my-deja.com wrote in message Hey everyone, Are there any good yoga tapes (VHS) out there that are more advanced? Most of the ones that I find are geared more towards beginners. I guess if you are advanced in Yoga you don't need tapes but I do. :-) Thanks Skree-fer Sent via Deja.com <http://www.deja.com/> Sent via Deja.com <http://www.deja.com/>

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