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368 pp paper back isbn: 0312273312 for the first time ever, rodney yee explains in writing his highly popular and successful approach to yoga.

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RODNEY YEE FINAL - THE YOGA CONFERENCE

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rodney is featured in over 30 yoga videos and dvd's. he co-authored two books, yoga: the poetry of the body and moving toward balance: 8 weeks of yoga with rodney ...

YOGA, THE POETRY OF THE BODY BY RODNEY YEE - A REVIEW OF ...

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by rodney yee with nina zolotow 2002. rodney yee's book does offer instruction on basic asana postures but, as its title says, it's really about poetry and the body.