



Yoga Sequencing Deck: 100 Cards to Design Practices and Classes that Flow

Jillian Bobowicz

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Yoga Sequencing Deck: 100 Cards to Design Practices and Classes that Flow Jillian Bobowicz CRAFT YOUR OWN PRACTICE

Use this unique deck of 100 cards to build transformative yoga sequences, complete with vinyasa transitions and variations for all skill levels.

Lay out and rearrange these handy cards until your fluid, invigorating sequence takes shape—from the opening samastitihi to ending savasana.

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