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California Yoga Teachers' Association and has authored nine books on yoga including Yogabody: Anatomy, Kinesiology, and Asana and Asana and What We

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Judith Hanson Lasater is an American yoga teacher and writer in the San Francisco Bay Area. K. Lasater), ISBN 1-9304852-4-7; Yogabody: Anatomy, Kinesiology, and Asana, Rodmell Press, Berkeley, CA, 2009, ISBN 978-1-930485-21-1

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