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Internationally renowned Yoga Teacher, Maxine Tobias. Stretch and Relax , (Dorling Kindersley1984) and Complete Stretching (Knopf;1992)

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Symptoms and stretches. Some good stretches similar to those that form Iyenga yoga can be found in a book by Maxine Tobias called Stretch and Relax.

### **Linda san gabriel dc yoga classes: bethesda,**

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Maxine Tobias. Biography. Maxine was teaching English and Drama when she first began to study Yoga in the 60's. "Stretch and Relax", (Dorling Kindersley1984)

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