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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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Publications. Complete Stretching Stretch And Relax. Oct 6, 2013 The article written by Maxine Tobias for Iyengar the Yoga Master edited by Kofi Busia.

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