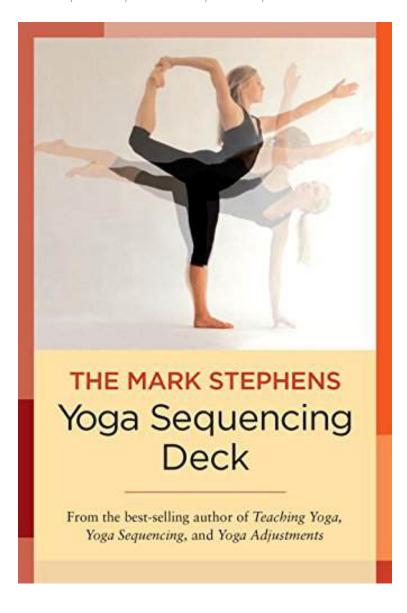
The Mark Stephens Yoga Sequencing Deck

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4 of 5 review helpful Help yoga sequencing deck By Gabrielle Excellent set of asanas that describe what parts of the body are targeted Also has descriptions for counter poses and good preparatory poses The deck groups asanas according to standing core hips legs and inversion postures It has both English and Sanskrit names I bought these to help inspire sequencing since I m a certified yoga teacher and it has been pr Based on Stephens best selling Yoga Sequencing this deck is the perfect companion or standalone for creative yoga students and teachers nbsp The Mark Stephens Yoga Sequencing Deck empowers yoga students and teachers to be their creative best in designing yoga classes With a 92 page booklet covering the principles of sequencing yoga classes and providing clear guidance on arranging postures in the most effective ways the deck includes 100 yoga About the Author An esteemed yoga guide who has trained over a thousand yoga teachers Mark Stephens conducts classes workshops retreats and teacher trainings worldwide He has practiced yoga since 1991 taught yoga since 1996 and has trained over 1 500 yoga

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