

# Book Of Yoga & Pilates By Christina Brown

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CHRISTINA BROWNE . Christina is an experienced Pilates instructor, who trained at the Pilates Institute in London. She has been teaching Pilates for eleven years, one

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Catherine. Catherine completed teacher training at Life Source Yoga and Health with Christina Brown and Dr Richard James Allen in 2011. For Catherine yoga is much

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### **Christina brown | registered teacher | yoga**

About Christina. Christina Brown is the author of the bestselling Yoga Bible: The Definitive Guide to Yoga Postures and many other books on yoga and natural medicine.

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Christina has been a yoga practitioner since 1989 and has written three previous books, besides The Yoga Bible on yoga. She holds teaching certificates from the

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Christina Brown lives and breathes the philosophy of a natural life. A long-time yoga and complementary medicine practitioner, she has studied and taught yoga

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## **The yoga bible: christina brown: 9781582972428:**

Christina Brown lives and breathes the philosophy of a natural life. A long-time yoga and complementary medicine practitioner, she has studied and taught yoga

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