

**Anatomy Of Yoga: An Instructor's Inside Guide To
Improving Your Poses By Dr. Abigail Ellsworth**

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I have been fascinated by the body and its structures for a long time. I love to watch people move and interact with the environment around them, trying to figure out

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Yin Yoga Teacher Training. Paul Grilley has been teaching Yoga since 1980 and his special interest is the teaching of Anatomy. [More About Paul Grilley](#) .

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