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introduction to yoga at all Something about it was very attractive to me; it stuck with me During my junior year at Creighton University School of Medicine in Omaha, I remember walking through this place, old town, going through some bookstore and seeing Richard Hittleman's book, Yoga:28 Day Exercise Plan I ...

Unity Woods Yoga Center

Yoga and the yoga scene are very different in 2014 than they were in 1979 Of course, yoga existed in the Washington Metropolitan Area (WMA) long before Unity Woods Yoga Center came into exis-tence In the 1970's, Liliias Folan's television show "Liliias, Yoga, and You" on PBS and Richard Hittleman's book, Yoga: 28 Day Exercise

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