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Beryl bender birch - yoga journal

Beryl Bender Birch has Birch's book Power Yoga was the best-selling yoga book of 1999. Her second book, Beyond Power Yoga: Eight Levels of Practice for Body

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Beryl Bender Birch is the author of Power Yoga (3.88 avg rating, 204 ratings, 13 reviews, published 1995), Beyond Power Yoga (4.00 avg rating,

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