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yoga clothing, equipment, classes and accessories in the last year, up from \$10 billion in 2012. Yoga Journal is the primary source of information for yoga teachers and teacher trainees. When asked where they get their information about yoga, 61% reported Yoga Journal, followed by yoga classes (55%) and the Internet (54%).

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In Yoga Journal Presents: Your Guide to Reflexology, you'll find expert information on this therapeutic method of pressure-point massage to relieve pain, reduce stress, and heal a variety of ailments. This accessible and comprehensive guide teaches you how to:

### **Yoga Journal Presents Your Guide To Reflexology PDF**

in the yoga and exercise groups (19.9% and 18.1%, respectively,  $p < 0.0001$  for both), and superoxide dismutase, a measure of oxidative status, increased by 24.08% in the yoga

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