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energy healing and lifestyle counseling. Her work with all her patients and students emphasizes growth and transformation through self-care and awareness of the interconnectedness of all life. She is co-author of the book, Enlightened Bodies: Physical and Subtle Anatomy, by KRI. Japa currently teaches yoga at Sacred Kundalini in Santa Fe NM.

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schools of Yoga practice each limb separately using Āsanaas preparation for meditation. Iyengarâ€™s unique contribution has been the realization that all limbs may be Therapeutic Application of Iyengar Yoga for Healing Chronic Low Back Pain Kimberly Williams, Ph.D., Lois Steinberg, Ph.D., and John Petronis, M.S.

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