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By Laurence Caughlan

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a different teacher every week! Things to bring: a yoga mat unless you prefer the grass water if you tend to get thirsty a friend and lots of them!

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Rating and reviews for Professor Lar Caughlan from San Francisco State University San Francisco, Mr. Caughlan is a yoga master! Yoga: The Spirit of Union,

Bikram Yoga 105 F 90 minutes. What is Yoga? Yoga means the union of body, mind and spirit. Hatha yoga is a special branch of yoga designed to bring balance

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Lar Caughlan is the author of Yoga, The Spirit Of Union (4.67 avg rating, 6 ratings, 1 review, published 1981), Yoga (3.00 avg rating, Lar Caughlan s Followers.

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and I am the owner of MoonGate Garden Yoga studio. This beautiful seasonal center was created out of a dream, Represents the union of mind, body, and spirit)

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