

Core Awareness: Enhancing Yoga, Pilates, Exercise & Dance By Liz Koch

By Liz Koch

Somatic educator Liz Koch's Core Awareness: Enhancing Yoga, Pilates, Exercise, and Dance is a guide for getting in touch with your core and tapping into your innate

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Core awareness enhancing yoga, pilates, exercise, and dance, Liz Koch. 9781583945254 (electronic bk.), Toronto Public Library

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