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4. Relax & Renew By Judith Lasater Or New Version Restore & Re-Balance
5. Scientific Keys Volume I: The Key Muscles Of Hatha Yoga By Ray Long, MD And Chris MacIver
6. Feb 24th, 2024

FREMANTLE YOGA CENTRE YOGA TEACHER TRAINING COURSE Earned Her Teacher's Certificate At The Fremantle Yoga Centre In 2006 And In 2012 Became A Level 2 Certified Teacher With Yoga Australia. Jane Has A Special Interest In Applying The 8 Limbs Of Yoga To Her Own Practice And Teach-ings. She Believes The Therapeutic Application Of Yoga Means That Those With Scoliosis, Apr 18th, 2024.

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