



## Stand Tall with Yoga

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Author: Yael Bloch

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Alter your posture and learn how to stand up straight all over again.

The stress and fatigue of our sedentary, phone- and computer-centric lives deteriorates our posture on a daily basis. But you don't have to give into the slump! With this targeted, accessible, full-length yoga session, learn to stand up straight again and enjoy all the benefits of better posture: stronger muscles, better digestion, a greater sense of well-being, increased attention span and focus.

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