

# Beyond Power Yoga: 8 Levels Of Practice For Body And Soul By Beryl Bender Birch

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## **Beryl bender birch (author of power yoga) -**

Beryl Bender Birch is the author of Power Yoga (3.88 avg rating, 204 ratings, 13 reviews, published 1995), Beyond Power Yoga (4.00 avg rating,

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Beryl Bender Birch has Birch s book Power Yoga was the best-selling yoga book of 1999. Her second book, Beyond Power Yoga: Eight Levels of Practice for Body

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