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James Hewitt is a former Fleet Street journalist who now writes full time. He has had thirty-five books published including: Teach Yourself Yoga, Teach Yourself Meditation and The Complete Relaxation Book. Page 1 of 1 Start over Page 1 of 1 This shopping feature will continue to load items when the Enter key is pressed.

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About The Author James Hewitt is a former Fleet Street journalist who now writes full time. He has had thirty-five books published including: Teach

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[About — Victoria Gordon Yoga](#)

A former senior editor at O, The Oprah Magazine, Suzan Colon has written ten books, including the inspirational memoir *Cherries in Winter: My Family’s Recipe for Hope in Hard Times* (Doubleday, 2009) and *Yoga Mind*. Suzan has been practicing yoga for nearly twenty-five years and has been teaching since 2002, with certificates in basic and intermediate Hatha Yoga, Therapeutic Yoga, and Yoga for ...

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