

A woman with dark hair, wearing a red tank top and red leggings, is performing a yoga pose. She is sitting on the floor with her legs tucked under her, and her arms are raised straight up, with her hands clasped together at the top. The background is a solid teal color at the top and a solid magenta color below.

THE METHOD[®]

PRECISION
YOGA

The Method Precision Yoga

M Lipman



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