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Sarah Powers . Sarah began teaching in 1987. She is the co-founder of the Insight Yoga Institute with her husband Ty and author of *Insight Yoga*, which interweaves

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Sarah yin yoga

Sarah Corbett has taught internationally in America, Singapore, Australia and England leading teacher trainings, workshops and retreats in Yin and Yang Yoga.

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In this DVD, yoga instructor Sarah Powers offers a unique blend of yoga practices. As she explains, her work strives to integrate the Yogic and Buddhist traditions

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Sarah Powers is an acclaimed yoga and meditation teacher and brings yoga to life with Insight Yoga. An innovative collection of traditional yoga, meditation and

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Sarah Powers' teaching draws on an inspirational blend of yin, yang and Buddhist teachings. Lucia Cockcroft caught up with her after a workshop at London's Triyoga.

Sarah powers | omega

Sarah Powers began teaching yoga in 1987 and is founder of Insight Yoga.

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Oct 29, 2009 Join acclaimed teacher Sarah Powers for an introduction to Insight Yoga, featuring a beginner-level practice of gentle active yoga postures and long-held

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