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have made careers, broken egos, crippled bodies, given people roots and even gifted some of the luckier ones wings. Filled with over 70 hand-drawn illustrations, The Handstanding Yogi is a comforting travel companion on your journey to a safe and successful inversion practice.

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The Hows, Whys
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All of these questions have been thrown at acrobat Gabrielle Parker on a daily basis since she became a handstand teacher. It was time, she thought, to write them down.

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