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Free Yoga Therapy Videos

Maggie hosts the YouTube channel, Yoga Therapy International, a free online resource of yoga therapy practices. **Check it out and subscribe.**

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Maggie's Recent Videos

Other Videos

Introduction to the Therapeutic Process for Private Yoga Therapy

Life Without Limits: Adapted Yoga featuring Maggie Reagh at the CP Yoga event. CPABC's adapted yoga offers a safe, calm environment for people with physical disabilities to explore yoga in a non-competitive and supportive environment. The program also examines meditative breathing and movement.

?Info about how to join classes - <https://www.bccerebralpalsy.com/programs/adapted-yoga/>

? *YTI Resource for Movement Disorders* - Download the associated document

Extended Side Angle for Scoliosis Workshop by Maggie Reagh for Yoga International's Anatomy and Yoga Therapy Conference.

The Power of Yoga Therapy by Maggie Reagh for International Association of Yoga Therapists

Yoga Therapy International Promotional Video

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