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Iyengar Yoga News 8 - Spring 2006 20 WHAT IS MENOPAUSE? The Menopause Is Defined As The Time When The Periods Don't Occur For 9 Months At A Stretch. It Usually Occurs Between 40 And 50 Years Of Age. Irregular Periods And Less Abundant Periods Are Signs Of Its Onset. Pre-menopause Is The Time Of Life Between Having Regular Periods And The ... Mar 2th, 2024

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### **FREMANTLE YOGA CENTRE YOGA TEACHER TRAINING COURSE**

Earned Her Teacher's Certificate At The Fremantle Yoga Centre In 2006 And In 2012 Became A Level 2 Certified Teacher With Yoga Australia. Jane Has A Special Interest In Applying The 8 Limbs Of Yoga To Her Own Practice And Teach-ings. She Believes The Therapeutic Application Of Yoga Means That Those With Scoliosis, May 4th, 2024

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