

# Sitting TM Fit



Four Easy  
Seated  
Yoga Classes  
with

**Susan  
Winter Ward**

*Native American  
flute music  
by Jesse Kalu  
and Alexander*

YOGA for the  
YOUNG  
HEART TM

# Sitting Fit Yoga Bits

**Tobias Bleicker**



## **Sitting Fit Yoga Bits:**

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Tender Moments: **Sitting Fit Yoga Bits** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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