

# **Relax Into Yoga For Seniors: A Six-Week Program For Strength, Balance, Flexibility, And Pain Relief By Carol Krucoff, Kimberly Carson MPH E-RYT**

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**carol krucoff | kripalu** - She is coauthor, with Kimberly Carson, of Relax into Yoga for Seniors: A Six-Week Program for Strength, Balance, Flexibility and Pain Relief. Carol has practiced

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