



gayle jann  
YOGA

STRENGTH GRACE BALANCE

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Healthy living with grace, strength & balance.

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Live Your Life with

STRENGTH GRACE BALANCE

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Private Yoga  
Yoga Therapy  
Thai Yoga Sessions  
Wellness Consultations  
Integrated Healing Sessions

*The world as we have created it is a process of our thinking.  
It cannot be changed without changing our thinking.*

~ Albert Einstein



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