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Opening Session “ Sierra Soul Journey/Song /Search. Led by Ashley Cooper and Katie Capano, accompanied by live yoga DJ Purplecloudzz.. Open the weekend through this sacred experience bringing yoga, breath work, and sound vibration all together in a healing journey to open the soul.

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Staff Information Durham, NC at Insideout Body Therapies is a Wellness and Rehabilitation Center located in Durham, NC - minutes from the Research Triangle Park (RTP) which includes Raleigh, Durham, Cary and Chapel Hill

Staff : Insideout Body Therapies Durham NC

Volume XV Number 4 35 The Field of Somatics œF. Matthias Alexander, father of the Alexander Technique, was the first per-son to take somatic education out of

The Alexander Technique

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