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I am a yoga teacher and scuba diver and always practice yoga this is a good book for divers trying to work on fitness and breathing. its clear explains everything

**Yoga for scuba divers deeperblue.com**

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IDEA member Kimberlee Jensen Stedl and her husband, Todd, created a workshop, Yoga for Scuba Divers, which is also the title of their book. The workshop is practiced

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### **Girldiver yoga diving**

As in scuba diving, says Kimberlee stedl, author of Dive Yoga, the first book print- todd, however, was a diver first, yoga participant second.

### **Yoga for scuba divers: todd stedl: 9780615154329:**

Yoga for Scuba Divers [Todd Stedl] Kimberlee established 8th Element Yoga (www.8thElementYoga.com) in 2007 to support her diverse yoga interests.

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View Todd Stedl's (Canada Co-wrote, edited, and designed the book Yoga for Scuba Divers. October 2006 January 2007 (4 months)

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