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tion, Inspiration & Nutrition. The complete guide, 52 pages of workout descriptions, recipes, eating plans and even a journal! Back to Top ...

And this program guide though short provides a lot of information that will help you change your life. "It Ain't Your Mama's Yoga" that is for sure. DDP Yoga is non-traditional yoga, it incorporates some traditional yoga movements combined with dynamic resistance and a focus on active breathing and it makes for a challenging workout.

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You'll learn about Dynamic Resistance and how to jack up your heart rate to reach your fat burning potential while toning and sculpting your body with lean, chiseled muscles. Breathing - 6 Minutes. Learning how to breathe is one of the most important

principles of DDP Yoga. Oxygen is the fuel for your muscles.

To adopt DDP Yoga Nutrition the first thing we need to do is clean out that pantry. When I was a kid I got expelled from Catholic School for flashing a girl in my jock strap. I guess that was my version of a Panty Raid. Well, to begin this new lifestyle, we need a Pantry Raid. You may be surprised at how empty your pantry will be when we are done.

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