

# Yoga For Kids By Liz Lark

**By Liz Lark**

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Liz Lark is author of 1,001 Pearls of Yoga Wisdom: Take Your Practice Beyond the Mat book and and 39 more book like Personal Trainer: Yoga for Kids,

Liz Lark, Yoga thehealthyholidaycompany.co.uk, Liz Lark, Yoga Teacher Liz has been teaching yoga since the 1990's, training first with the British Wheel of Yoga.

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