

**Yoga For The Brain: Daily Writing Stretches That Keep  
Minds Flexible And Strong By Cheryl Miller Thurston,  
Dawn DiPrince**

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Inhale and come back onto all fours, stretching forward until you come to Plank Pose (knees up or down). Keep the core engaged and the bum

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## **Dawn diPrince | professional profile - linkedin**

Previous. El Pueblo History Museum,; CSU-Pueblo,; DiPrince Writing & Design Yoga for the Brain: Daily Writing Stretches that Keep Minds Flexible and Strong.

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HEALTH A Healthy Body: keeping physically active improves your health, mental And the best thing is it's never too late to start doing some exercise. and activities that we know you will like, but please write and tell us what gets you moving! Some of the benefits of Yoga include weight loss, a strong and flexible body,

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