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Ella s Tree Pose (Paperback)

By July C Nicholas

Vabella Publishing, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Ella s Tree Pose is a children s story about self-confidence, encouragement and acceptance. Ella learns to follow her dreams, despite what others say. No matter what our abilities are in life, we can all accomplish our goals. Follow Ella as she takes the first step in her journey with yoga. July C. Nicholas earned her B.S. in Recreational Therapy from the State University of West Georgia and continued her education to pursue a M.Ed in Physical and Health Disabilities from Georgia State University. July s fitness background includes initial certification in Group Exercise and Senior Fitness as well as Step, Kickboxing and Yoga and has been teaching fitness since 1994. July is a certified Cancer Exercise Specialist.



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