

# Yoga For The Young At Heart Gentle Stretching Exercises For Seniors.pdf

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The above three charts were proposed in 2005 by Mike Garofalo, in this webpage on the Eight Section Brocade. See also Mike's webpage on the Eight Trigrams. In 2014, Christina Barea-Young and Peyton Young provided another set of associations for the Eight Section Brocade movements with the Eight Trigrams in Qi Magazine (Volume 24, No. 2, 2014, p. 48).

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