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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.

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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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