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Tara Fraser took her first yoga classes alongside her mother at the age of six. Tara is the founder and director of Yoga Junction in north London where she trains teachers and leads workshops and classes. She is a Diploma Course Tutor for the British Wheel of Yoga and is a member of their education committee.

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“When you find peace within yourself, you become the kind of person who can live at peace with others.” Peace Pilgrim “Although yoga has its origins in ancient India, its methods and purposes are universal, relying not on cultural background, faith or deity, but simply on the individual.

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