



# MegaYoga: The First Yoga Program for Curvy Women

*Megan Garcia*

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## **MegaYoga: The First Yoga Program for Curvy Women** Megan Garcia

This unique and inspiring program is designed specifically for larger women whose needs have not been met by mainstream yoga instructors. Now there's a class just for them, complete with specialized poses, simple props, and the encouragement of a plus-sized yogi who knows from her own experience how to bring both the physical and spiritual benefits of yoga to every woman, regardless of her size or level of fitness.

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