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in a story resembling a marvel movie plot aikawa was whisked away from everything she was doing in tokyo she hiked the world s tallest mountain range unprepared in sneakers there she met great saint hari baba who became her mentor

## **10 yoga studios in tokyo with english speaking instructors**

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although yoga is popular in tokyo not all yoga studios provide services in english the following are our top 10 picks for yoga studios in tokyo that provide english speaking services as well as english speaking instructors

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