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By Colleen Saidman Yee

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Colleen Saidman Yee. With Donna Karan and Rodney Yee, Colleen created and runs the Colleen s first book is Yoga for Life: A Journey to Inner Peace and

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In this memoir, Colleen Saidman Yee, who owns Yoga Shanti with her husband Rodney Yee, tells the story of her wild youth as a drug addict, and how finding yoga helped

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Yoga for life

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Colleen Saidman Yee's first book, Yoga for Life: A Journey to Inner Peace and Freedom, was released by Atria/ Simon and Schuster on June 2, 2015.

Colleen saidman yee

Colleen Saidman Yee's first book, Yoga for Life: A Journey to Inner Peace and Freedom

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