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My name is Jo Ann Staugaard-Jones My skills and areas of expertise include teaching, designing holistic retreats, yoga and meditation, and authoring books.

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Jo Ann Staugaard-Jones is a professor of Dance and Kinesiology and has been teaching for over 30 years. She is a certified Pilates and Yoga instructor with a Masters

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Jo Ann Staugaard-Jones Author, professor, international movement educator NJ & Fraser, Colorado JoAnn Jones is a Full Professor of Kinesiology and Dance, an advanced

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About the Author: Jo Ann Staugaard-Jones is a professor of kinesiology and dance, and has been teaching for more than

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Background. Jo Ann Staugaard-Jones is an international movement educator and author, Pilates, Yoga and exercise specialist, Kinesiology, Dance & Exercise Science

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