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### [Tibialis Anterior/ Shin splints Stretch - YouTube](#)

[www.youtube.com/watch?v=l8Hlx-OQEuo](http://www.youtube.com/watch?v=l8Hlx-OQEuo)

Deborah Farkas owner of Stretch for Health Studio Description and demonstration of Tibialis Anterior/ shin splints Stretch This stretch treats shin splints

### [Yoga Warehouse](#)

[www.yogawarehouse.org/about\\_us/index.html](http://www.yogawarehouse.org/about_us/index.html)

The Yoga **Warehouse** is an affiliated Sivananda Yoga Vedanta center. The Sivananda organization is a nonprofit worldwide network of ashrams and yoga centers founded by ...

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