



# MMA Yoga On The Mat: Real Yoga for Inside the Cage: 49 Redemptive Applications for Fighters

*Khadi Madama*

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## **MMA Yoga On The Mat: Real Yoga for Inside the Cage: 49 Redemptive Applications for Fighters**

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MMA Yoga on the Mat is the product of 49 Applications of Yoga that were first written for the MMA Fight Council. Each one is geared especially for MMA Fight training and conditioning, although those in Boxing and other sports will benefit as well. Khadi Madama brings 20 years of martial arts training, sport coaching and over 40 years of Yoga therapy to the arena.

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