

3<sup>rd</sup>  
Edition

# GET ROLLING

The Beginner's Guide to In-Line Skating

Liz  
Miller

USA-Certified  
In-Line Skating  
Instructor

Easy to Learn

Step-by-Step Lessons

with Photos & Drills

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# Get Rolling The Beginners Guide To In Line Skating Third Edition

**M Carnoy**



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ve learned already from the yamas week of our eight limbs of yoga program meaning control or restraint

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