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15 AMAZING YOGA WAYS TO A BLISSFUL CLEAN BODY MIND - BEGINNING YOGA BOOK INCLUDES THE PROPER BEGINNING YOGA POSES



Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The goal of this beginning Yoga guide is to show you the wonderful world of Yoga poses that you could apply today as a beginning Yoga student. This Yoga poses for beginners book is going to guide you through the proper beginning Yoga poses that are easy enough for a beginner to get started with. This Yoga poses...

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- Authored by Alecandra Baldec
- Released at 2013



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