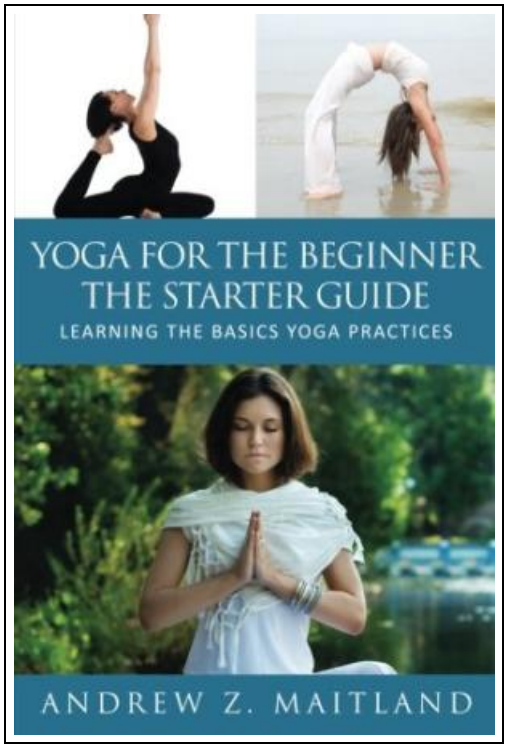
Yoga for the Beginner: The Starter Guide: Learning the Basics Yoga Practices



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Weight a Bit, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Yoga For The Beginner: The Starter Guide is the text that you must have if you are seeking the best way to achieve inner peace and to get the body back in balance. The book explains what yoga is and it also gives some great poses that the reader can try to see if yoga would be something for them. The great thing about yoga is that persons that have a debilitating disease like arthritis can do it as it is a great form of low impact exercise. It is also a great exercise that children can do as it helps to calm them down at the end of the day. The text is well timed as more and more person have become interested in low impact exercises as a way to keep fit and they are also seeking a way to free the mind of clutter.

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