



Yoga for Beginners: All You Need to Know about Yoga: Yoga Guide for Starters Understanding the Essentials

By Darren Williams

Speedy Publishing Books, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book : If you are trying to find that inner peace within you and also want to do some form of low impact exercise then Yoga For Beginners: All You Need To Know About Yoga is the perfect text for you. The text not only explains what yoga is but goes into the many ways that it can help heal the mind and soul. The author also highlights the fact that yoga can be practiced by any age group, whether they be young or old or somewhere in between.



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