

15

Yoga

Poses

for beginners



Yoga For Beginners Today

Wolfgang Guggemos



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Yoga for Today Clara Spring,Clare Spring,Madeleine Goss,1959

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The American Yoga Association Beginner's Manual Alice Christensen,1987 This excellent guidebook boasts a clear safe and thorough introduction to yoga from the organization that sets the standard for yoga instruction in this country 323 photographs

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India Today International ,2003

[Yoga Exercises for Every Body](#) Ruth Bender,1975

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A Series of Lessons in Gnani Yoga (the Yoga of Wisdom.) Yogi Ramacharaka,William Walker Atkinson,1907

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