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for beginners



Yoga For Beginners Today

Georg Feuerstein, Larry Payne



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A Beginner's Guide to the Roots of Yoga Nikita Desai,2025-01-30 A practical and accessible guide to incorporating traditional yoga into a modern practice by an Indian yoga teacher and educator

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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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