

# 15

# Yoga Poses

*for beginners*



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# Yoga For Beginners Today

**Annelies Wilder-Smith**



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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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**Bowker's Complete Video Directory** ,2000

*The Yoga-system of Patañjali* Patañjali,1914

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[A Teacher's Guide for Beginning Yoga](#) Vijayendra Pratap,1987

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