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YOGA FOR EVERYBODY: REFERENCE GUIDE



Barcharts, Inc, United States, 2003. Other book format. Condition: New. Language: English. Brand New Book. Tool for breaking into yoga and establishing the base postures. Great for those wanting a jump start or for those wanting to sharpen their skills for this relaxing and stimulating mind and body exercise for healthy living.

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- Authored by Inc. Barcharts
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