

THE YOGA PRACTICE FOR BEGINNERS



Author: Layne Rivas

Yoga Practice Ebook

G Orfield



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The Yoga Book Stephen Sturgess, 2013-06-06 This title explains the true meaning of yoga and demonstrates the practices and postures of Ashtanga Yoga that should enable the reader to achieve mastery over the mind and body and can eventually lead to self realization

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The Doctrine and Practice of Yoga [eBook - NC Digital Library] A. P. Mukerji, 2010

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