

THE YOGA PRACTICE FOR BEGINNERS



Author: Layne Rivas

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

Yoga for You Qat Wanders, 2019-06-07 What is Yoga really all about Here's a hint NOT stretchy pants and handstands Everyone has a different body and different needs But there is a path for YOU Physically Mentally Spiritually The methods in this book will help you find that path by giving you the tools you need to Introduce 4 techniques into your physical Yoga practice to get greater results easy and fast Decide which style of Yoga will suit your needs best Help you shift your mindset so you can handle the situations life throws at you with an even mind Learn how to level up from the physical aspects of Yoga to approach life with more serenity and optimism Are you ready to go deeper Follow the advice here and see immediate tangible results From the inside out You'll love this fresh take on ancient Yoga Get it now

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