



The Complete Guide To Yoga: The essential guide to yoga for all the family with 800 step-by-step practical photographs

Judy Smith, Doriel Hall, Bel Gibbs

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An ideal introduction to yoga, written and presented by experts. Practical, easy-to-follow yoga with guidance, postures and training schedules designed to suit all levels. Contains sequences for everyone: children, adults of all ages, people with specific needs, and complete beginners.



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