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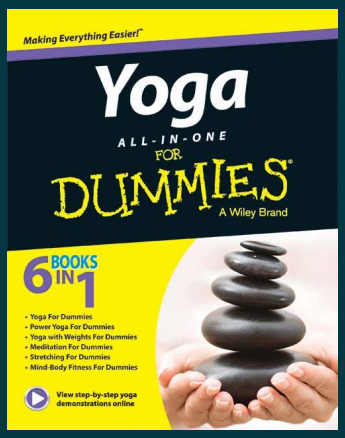

Yoga All-in-One for Dummies

By Larry Payne, Georg Feuerstein, Sherri Baptiste, Doug Swenson, Stephan Bodian, Iknoian, Chabut

Paperback 9788126555178 **₹539.00**

Pages: 584

Description

If you want to incorporate yoga into your daily routine or ramp up what you're already doing, Yoga All-In-One for Dummies is the perfect resource! This complete compendium of six separate titles features everything you need to improve your health and peace of mind with yoga and includes additional information on, stretching, meditation, adding weights to your yoga workouts and power yoga moves.

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