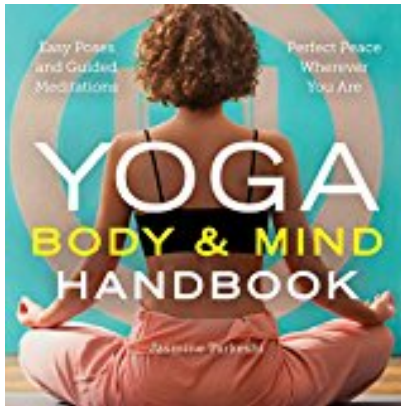


Yoga Body and Mind Handbook Easy Poses Guided Meditations Perfect Peace Wherever You Are



BOOK DETAILS

- Author : Jasmine Tarkeshi
- Pages : 220 Pages
- Publisher : Sonoma Press
- Language : English
- ISBN : 1943451567



BOOK SYNOPSIS

Yoga for Mind & Body is the only book to give beginners the information and guidance they need to understand yogas mind-body connection and get the most out of their practice. The book promises to reduce stress through an accessible, integrated yoga practice. It also includes effective meditation techniques. This book provides you with everything you need to develop a yoga practice to suit your personal needs and abilities whether that means dedicating 15 minutes or one hour every day to the calming and strengthening effects of yoga.

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