



Yoga Guides: Yoga Tips and Techniques

By Jyoti Baluran

Speedy Publishing LLC. Paperback. Condition: New. 4 pages. Dimensions: 11.0in. x 8.5in. x 0.0in. Yoga is one of the most practical routine in maintaining our healthy lifestyle, most people who had been practicing this routine tends to enjoy 100 of their life not only physically but also mentally. This is the guide in achieving the full benefits of yoga, in which proper body posture and positioning is listed in sequence that even a beginners can follow. This is a practice or discipline that you can share together with your family which promotes pH balance, getting your heart rate up, mentally focus, body strength, stress reliever, Activate the internal heat in the nervous system and many more in a very positive way. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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