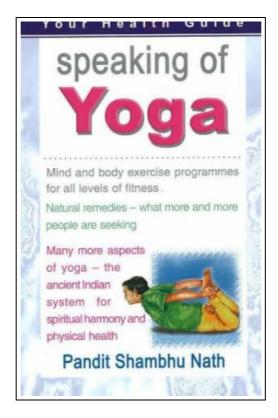
Speaking of Yoga: Mind & Body Exercise Progammes for All Levels of Fitness



Filesize: 9.08 MB

Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Evie Emmerich)

SPEAKING OF YOGA: MIND & BODY EXERCISE PROGAMMES FOR ALL LEVELS OF FITNESS



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Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Speaking of Yoga: Mind & Body Exercise Progammes for All Levels of Fitness, Pandit Shambhu Nath, This book will dispel all false notions about yoga, which for quite some time has been construed as something connected with magic, or has been viewed as a modern craze prevalent in the West. The complexities of modern life with its stress and strain, have made living a constant source of conflict and tension, leaving man exhausted in body and mind. Pills are not the answer, nor is just exercise. What man needs to do is relax. This book tells you how.



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