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YOGA: THE MODERN STEP BY STEP METHOD - 70 KEY YOGA POSES FOR BEGINNERS TO LEARN YOGA IN NO TIME!!!



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Modern Step By Step Method - 70 Key Yoga Poses for Beginners to Learn Yoga in NO TIME!!! In this book we are going to. Learn the basics about yoga and through the practice of it learn the art of meditation, lower your stress levels, lose weight, become fitter and improve the overall level of your living...

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- Authored by Roberto Zanon
- Released at 2015



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