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Simple Yoga

By Cybele Tomlinson

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. To the person just starting out, yoga can seem intimidating and complex. The vast majority of yoga books address themselves to the advanced practitioner, but you're still trying to figure out where to begin. Finally, Cybèle Tomlinson, a well-known yoga teacher and writer for Yoga Journal, provides a beginners guide to the most talked about practices in the world today. Printed Pages: 176.



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Reviews

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It is easy in study safer to comprehend. It can be writer in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

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