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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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