



## Yoga (New edition)

By Collins

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Yoga (New edition), Collins, A practical introduction to hatha yoga. Clear, illustrated step-by-step instructions to over 40 key postures. Benefits and cautions are highlighted for each posture. Published in paperback with a stylish new cover design, Gem Yoga will strengthen the bestselling Mind, Body & Spirit Gem. Collins Gem Yoga provides a good introduction to yoga, particularly for those thinking of taking up a class. It is also an invaluable reference book for those attending classes and who wish to practise the postures at home. Includes over 40 postures Describes breathing techniques Gives a history of yoga.



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