



## Yoga: The Perfect Companion

By Michele Picozzi

Black Dog & Leventhal Publishers Inc. Hardback. Book Condition: new. BRAND NEW, Yoga: The Perfect Companion, Michele Picozzi, Yoga addresses all of the basics of the discipline, including health benefits, different styles of yoga and which one to follow, all of the basic postures, how to practice, breathing techniques, meditation, and much more. Two-color illustrations offer at-a-glance instruction, and inspiring photographs set the mood. Packaged with a beautiful satin-bound cover and clasp.



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