



The Smart Easy Guide to Yoga: The Ultimate Yoga Book for Workouts, Diet, Poses, Sequencing, Practice, Philosophy Life

By Swami Bhajan

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This yoga guide book (also available as an ebook) provides you with the answers you are seeking. Written by Swami Bhajan, this yoga guide book or ebook comes from someone with first hand experience. The Smart Easy Guide To Yoga: The Ultimate Yoga Book For Workouts, Diet, Poses, Sequencing, Practice, Philosophy Life contains the most up to date information to ensure you get relevant, yet easy to understand answers. The challenges and questions every yoga student and teacher has are answered here, including: - Where can you find reliable yoga books? - What are the hidden benefits of a yoga diet? - What specific steps are involved in successful yoga anatomy and body training? - What is the simplest way to deal with a daily yoga practice? - What options are available to those searching for yoga philosophy and yoga workout help? - Are there long lasting solutions to yoga sequencing and yoga sutras you can memorize? - How can you maximize your results with yoga body training and yoga poses? - Who can you really trust when...



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