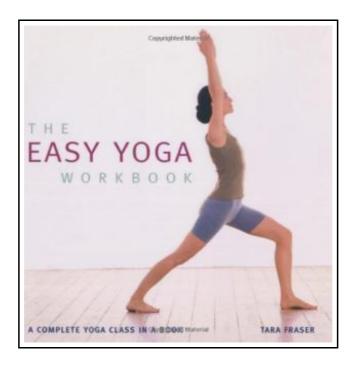
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THE EASY YOGA WORKBOOK: THE COMPLETE YOGA CLASS IN A BOOK



Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Easy Yoga Workbook: The Complete Yoga Class in a Book, Tara Fraser, This book brings all the benefits of a personal yoga trainer into the home. It includes everything the reader needs to perform a complete 60-minute yoga workout using the 20 yoga postures explained in the book. "The Easy Yoga Workbook" includes specially commissioned exercise photographs, and analyses the most common problems associated with the postures, giving specific instructions on how to overcome them. It also features guided meditations, relaxations and breathing exercises. In the book each posture is accompanied by clear advice on its benefits for body and mind; and each has its own 'solutions' and 'variations' page. All the poses have been selected because they help overcome common health problems caused by modern lifestyles, such as poor posture, back, neck and shoulder pain, poor concentration, and so on. The postures in this fully interactive yoga workout can be practised by anyone of any age and any level of fitness.

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