

Yoga Basics - , Annellen Simpkins

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Yoga Basics offers a comprehensive introduction to yoga including it's philosophy, history and different branches. The book serves as a guide for readers interested in this ancient form of stretching and movement. Instructions on basic elements like breathing and postures are complimented by a set of routines that promote health and well-being while developing flexibility and strength. The authors discuss meditation and relaxation techniques and provide the reader with a solid foundation for future practice. Author: Simpkins , C. Alexander Author: Simpkins, Annellen Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Yoga Basics Pages: 00192 (Encrypted EPUB) On Sale: 2012-05-15 SKU-13/ISBN: 9780804834858 Category: Health & Fitness : Yoga

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