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YOGA: AN EASY YOGA FOR BEGINNERS GUIDE (LOSE WEIGHT, AND HEAL YOUR BODY)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Most people have a passing knowledge with what Yoga is, or think they know about what it sets out to achieve. But until you have tried Yoga it is impossible to know whether you have the type of personality that can truly excel under its influence. Yoga, quite simply can be a life changing...

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- Authored by Haytham Al Fiqi
- Released at 2015



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