



# 45 HATHA YOGA POSES FOR BODY AND MIND

BY YOGINI RASA

Yogini Rasa

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Some aspects I had noticed during her yoga exercises classes plus some were new. I wish I would have had it when I was beginning to make my initial steps in yoga. ? Comprehensive beginner's guide – everything you need to begin with – the 1st yoga book ? 46 important yoga poses with basic instructions and photos ? Text as a discussion between your Teacher and the college student ? Simple and friendly answers to basic questions all yoga exercises newbies have to know ? Reserve that by no means gets outdated and is normally always topical ? It really is worth to reread it from time to time – it'll open new aspects each time ??? FREE Present INSIDE ??? REVIEWS "What a great material for yoga beginner Text is written in a number of levels that opens up deeper with repetition. I recommend it to my yoga exercises learners. And at least one time in 6 months I examine it myself over and over." Lyubov Arjuna, Accredited OpenYoga Teacher "I am total beginner to yoga. I recommend. I like that text is very short and I can start my yoga exercises practice right away at home. Photos are very helpful." Janine Whilmoore, Canada "I received this publication as a gift from my yoga teacher. This yoga book is ideal combination of Theory and Practice of Yoga It is short - only the main things necessary for a Hatha yoga beginner . I've wanted to start practising hatha yoga for quite a while but I have no time to attend yoga exercises studios." Jerry Barton, UK, yoga exercise practitioner Programm: PenToPublish2017



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