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Yoga

By Julie Capaldo

Brolga Publishing Pty Ltd. Paperback. Book Condition: new. BRAND NEW, Yoga, Julie Capaldo, A modern, pocket-sized guide to the art of yoga - the exercise for the new millennium. This book covers topics of history, tradition, and yoga today, as well as health, nutrition and general well-being. With black and white line drawings to guide you through the most popular yoga poses, you will be well on your way to breathing, stretching and feeling better in no time!.



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