



101 Essential Tips Yoga (Paperback)

By DK

Dorling Kindersley Ltd, United Kingdom, 2015. Paperback. Condition: New. ed. Language: English . Brand New Book. A pocket-sized guide offering bite-size information at a great price, 101 Essential Tips makes learning quick and easy, offering speedy answers to key questions.101 Essential Tips: Yoga is your guide to help de-stress, relax and enjoy the benefits of yoga, such as better posture, improved breathing and peace of mind without leaving your living room. This book explains the thinking behind yoga and takes you through many yoga poses and breathing exercises.

Summarizing the essential tips needed for yoga, this guide is perfect for the absolute beginner, giving fully illustrated top tips that can be grasped in an instant.



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