



## Yoga Journal's Yoga Basics: The Essential Beginner's Guide to Yoga For a Lifetime of Health and Fitness

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By Carrico, Mara; Editors of Yoga Journal

Holt Paperbacks, U.S.A., 1997. Soft Cover. Book Condition: New. Dust Jacket Condition: No Dust Jacket as Issued. First Edition/First Printing. "In this unique book you'll find: \* Tips on the use of the breath in yoga practice and breath awareness exercises \* Guidelines for regular practice, including health and safety considerations \* Dozens of illustrated postures-- standing, seated, supine, and prone-- with their benefits described \* Sample Yoga routines that can be done in as little as 15 minutes per day. Instruction on the practice and power of meditation" This is a beautiful new book. Size: 8vo - over 7¾ - 9¾" tall.



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