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Robert R. Redfield

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Book of Yoga Anatomy is the definitive guide to the study of yoga anatomy a perfect companion book for any yoga teacher or practitioner seeking to understand the biomechanics of the body as it applies to yoga practice *American Book Publishing Record ,1998* [YOGA for Beginners the Complete Guide - YOGA and Everyday Life \(Book 1\)](#) Melissa Grey,2020-05-03

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- Chapter 3: Complete Workbook Yoga Guide in Everyday Life
- Chapter 4: Complete Workbook Yoga Guide in Specific Contexts
- Chapter 5: Conclusion

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