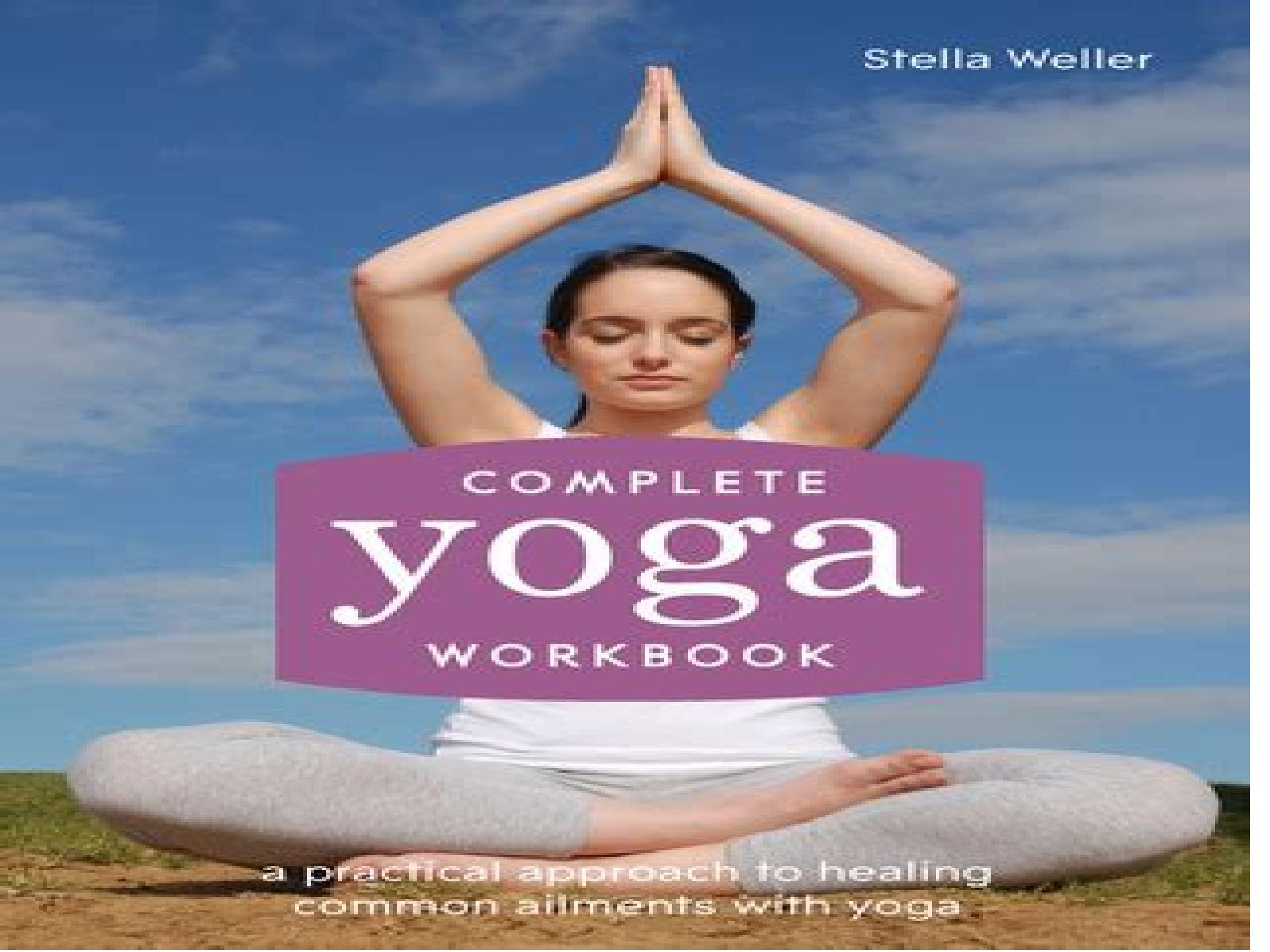


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# Complete Workbook Yoga Guide

**Ram Jain, Michèle Hauswirth**

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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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