



Yoga Poses (Speedy Study Guide) (Paperback)

By Speedy Publishing LLC

Speedy Publishing LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Yoga is a leading exercise that holds many benefits for your exterior body and for your digestive system. A yoga poses study guide can provide you with basic moves to begin in your yoga experience. Learning the beginning steps will further help you to target your core, flexibility, and strength training along with giving you a center of peace as you continue to move through this journey. By taking the time to understand this study guide you can create stronger movements, smooth transitions, and within time start to create your own routine to get the most out of your exercise.



Reviews

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