



Yoga for Beginners: The Daily Guide of Basic Yoga Poses and Exercises for Beginning Students (Paperback)

By Michelle Nicole

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover The Wonderful World of Yoga, Find out Where to Start and Learn How to Practice the Essential Yoga Poses For Beginners Like an Expert! The Yoga for Beginners Daily Guide is not just a book, it is a complete guide that walks you through the world of yoga and shows you how to practice yoga poses and exercises the right way, like an expert, even if you are a total beginner. I found Michelle s book Yoga For Beginners very suitable for anyone such as myself who is just beginning or considering Yoga. - John Ward. This is a very insightful book on yoga. The instruction is very thought out, clear and gives you a good foundation to begin your journey into yoga. - Thomas Poston Well done. Nice get started book with clear illustrations of the basic forms. I fell the author has done a good job introducing the reader to this valuable form of exercise and well-being. - James Starkey The book comes with plenty of poses, high quality pictures, breathing and meditation techniques, warm-up...

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