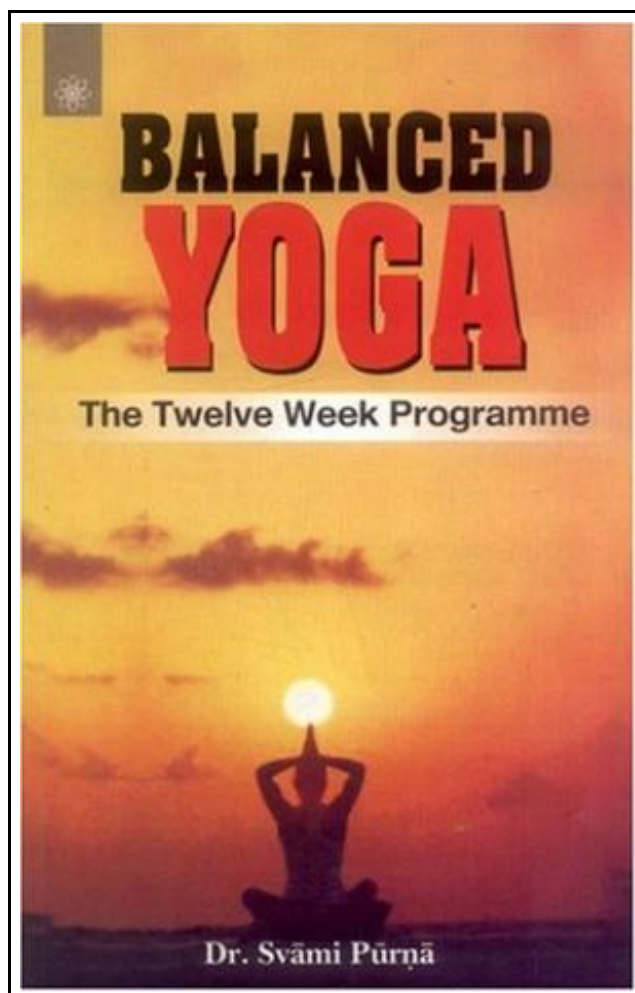


Balanced Yoga: The Twelve-Week Programme



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Reviews

Here is the best ebook i actually have go through until now. It really is simplistic but shocks within the fifty percent in the ebook. Your daily life period will probably be transform once you total reading this book.

(Elaina Funk)

BALANCED YOGA: THE TWELVE-WEEK PROGRAMME



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Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2012. Softcover. Book Condition: New. Second Reprint. Yoga is practised in many different ways, each of which, however, has the same aim-the harmony and integration of the practitioner's whole being. As the body is often considered to be the best starting-point, this practical guide concentrates on Hatha yoga, the yoga of physical exercise. Balanced yoga, as its title suggests, embraces a wide range of disciplines. Divided into a twelve week programme, each of the lessons revolves around a guiding through or principle which is manifested by related exercises or postures. Breathing and relaxation techniques, dietary advice, and aids to concentration and meditation are also included. Designed as a safe and practical guide for men and women, Balanced Yoga provides a simple but complete system of physical, mental and emotional maintenance. Printed Pages: 144.



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