



Yoga for Beginners: Simple Yoga Poses to Calm Your Mind and Strengthen Your Body

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Learn Yoga in Your Own Home

Yoga for Beginners is the essential guide to getting started with yoga. With a friendly voice and step-by-step instructions, this book offers everything you need to start enjoying yoga's calming and strengthening effects on your life.

- Complete beginner's guide to getting started with yoga
- Simple instructions for the 35 essential yoga poses
- Full-color yoga illustrations
- 5 restorative yoga meditations
- Nutrition tips to complement your yoga practice
- Guide to building your own yoga sequences

Take a deep breath. Yoga for Beginners will do the rest.

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