



Starting Yoga: A Practical Foundation Guide for Men and Women

By Alan Bradbury

The Crowood Press Ltd. Paperback. Book Condition: new. BRAND NEW, Starting Yoga: A Practical Foundation Guide for Men and Women, Alan Bradbury, Whether you are a complete beginner or have tried yoga in the past and wish to rekindle your interest, this invaluable, beautifully-illustrated book is the one for you. We all want to feel good about ourselves and yoga provides a way of realising our potential so that we can enjoy a full life. To be fit in body, steady in mind and strong in spirit are all attributes that build self-confidence and the inner strength to cope with all complexities of life. It is the author's firm belief that the practice of yoga has a subtle influence on improving the quality of our lives.



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