

**THE WOMENS HEALTH BIG BOOK OF YOGA: THE
ESSENTIAL GUIDE TO COMPLETE MIND/BODY
FITNESS**

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Approximately 16 millions Americans now practice yoga on a regular basis. breathing, and physical postures that calms the mind and slims the body. Unlike fitness fads, yoga is worth the hype. injuries, The Women's Health Big Book of Yoga is the only guide readers need to achieve their fittest, healthiest, happiest selves.

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