

The Yoga Bible Definitive Guide To Christina Brown

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The Yoga Bible: The Definitive Guide to Yoga Postures Godsfield Bibles Series: Author: Christina Brown: Edition: illustrated, reprint: Publisher: Octopus Publishing Group, 2009: ISBN: 1841813680, 9781841813684: Length: 400 pages: Subjects

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~~The Yoga Bible - Kindle edition by Brown, Christina ...~~

The definitive work by B.K.S. Iyengar, the world's most respected yoga teacher. B.K.S. Iyengar has devoted his life to the practice and study of yoga. It was B.K.S. Iyengar's unique teaching style, bringing precision and clarity to the practice, as well as a mindset of 'yoga for all', which has made it into the worldwide phenomenon it is today.

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