



Healing Handbooks: Yoga for Everyday Living

By -

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, Healing Handbooks: Yoga for Everyday Living, Yoga for Everyday Living provides simple but effective yoga techniques to promote personal well being, helping you cope in an increasingly stressful world. Drawn from its roots in Hindu culture, there are step-by-step guidelines to ensure safe, effective practice for both the beginner and the familiar practitioner. Focussing on stretching, strengthening and breathing, there are suggestions on how to integrate yoga excercises into activities of daily living, aiming to promote a variety of mental and health benefits.



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