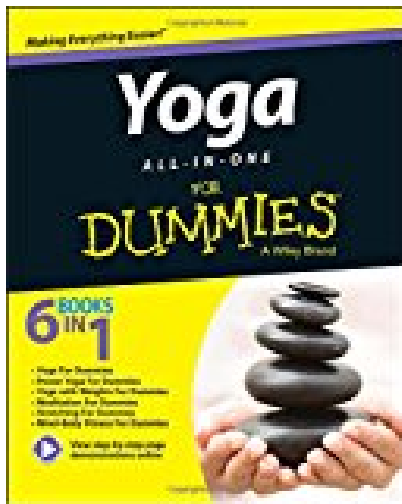


Yoga All-In-One For Dummies



BOOK DETAILS

- Author : Larry Payne
- Pages : 576 Pages
- Publisher : For Dummies
- Language : English
- ISBN : 111902272X

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BOOK SYNOPSIS

Yoga has been bringing health and peace of mind to millions of people for five millennia. Yoga All-In-One For Dummies will be more comprehensive and content-heavy than anything else on the market. It's a complete compendium, the best of the best content in clear, concise For Dummies style. Featuring: Yoga For Dummies, 3rd Edition Power Yoga For Dummies Yoga With Weights For Dummies Meditation For Dummies, 3rd Edition Stretching For Dummies Mind, Body Fitness For Dummies and/or Mindfulness For Dummies Beyond the book: This title will feature companion workout videos from Yoga For Dummies, 3E hosted online at Dummies.com. The video content will help readers master Yoga poses and techniques covered in the book, and will also be utilized in the creation of enhanced e-book formats.

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