



Yoga Basics

By Vimla Lalvani

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, Yoga Basics, Vimla Lalvani, Yoga is one of the best ways to achieve top-to-toe fitness. It improves muscle tone and flexibility, boosts energy levels, increases concentration and relieves stress. Yoga Basics is the perfect companion for beginners, and a great source of reference for experienced practitioners.



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