



## Yoga for a New You

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By -

Paperback. Book Condition: New. Not Signed; A bumper volume of yoga postures, practices and programmes to improve both your body and mind. Yoga for a New You offers you yoga for every mood with four themed sections: Relaxed, Energetic, Young and Confident. Each section includes 25 detailed yoga postures with full colour photographs and step-by-step pointers as well as seven yoga sequence programmes to bring health and balance to your life. Advice on breathing practices, relaxation, meditation and lifestyle guidance help you stay physically fit, mentally alert and to feel more positive about life. Yoga for a New You is the only yoga guide you'll need. It was previously published as the Yoga for Living series. book.



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