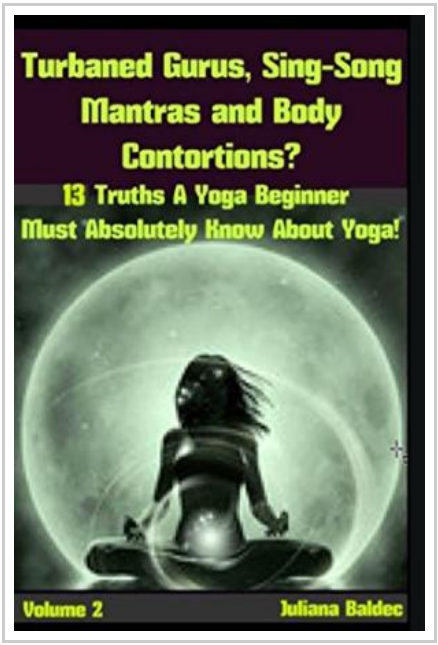


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Turbaned Gurus, Sing-Song Mantras Body Contortions Yoga Beginner Truths You Must Absolutely Know About Yoga Volume 2

By Juliana Baldec

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 92 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.Turbaned Gurus, Sing-Song Mantras and Body Contortions 13 Truths A Yoga Beginner Must Absolutely Know About Yoga reveals the latest insights and truths into the mind-body consciousness of Yoga and answers the most critical and burning questions Yoga beginners are asking before getting started with Yoga. It is a book that is well timed. It explores all the aspects of Yoga that an individual that is interested in starting Yoga would want to know about. The book takes the reader via 13 short and snappy lessons through the different aspects of Yoga step by step starting with the most fascinating aspects and types of Yoga techniques that a beginner can choose from and the last lesson ends with a Daily 5 Minute Yoga Ritual for busy Yoga beginners. The process of Yoga is still a mystery to many in the Western World as they simply had no care to learn about it due to religious reasons or otherwise. As things become more integrated however, more and more individuals are becoming exposed and fascinated by Yoga and are curious...

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