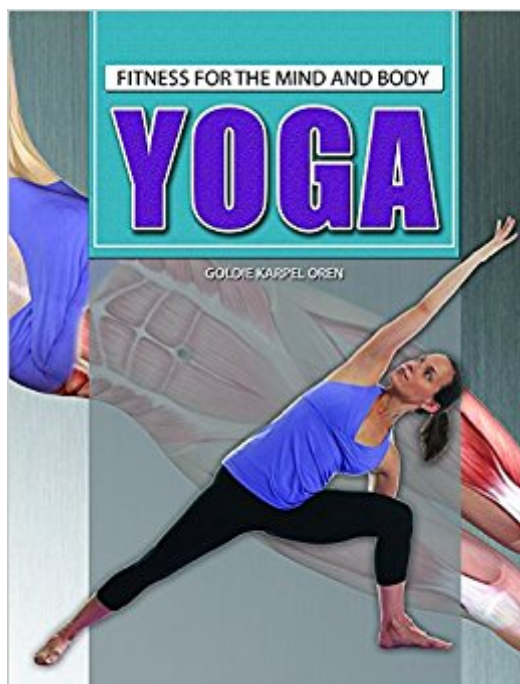## The book was found

Yoga (Fitness For The Mind And Body)

Synopsis

This indispensable guide to yoga gives an in-depth description of asanas (postures) and the spiritual and mental discipline required to practice them. The clear how-to steps help readers learn all about physical movement, breathing, nutrition, fitness, and anatomy. Color photographs display proper movement for postures, and anatomical illustrations show the various muscles that are used in each exercise. Text boxes explain the correct form in posture and what to avoid when doing the pose. Boxes with each pose describe level of difficulty, the average amount of time needed to complete the pose, and a caution list.

Book Information

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