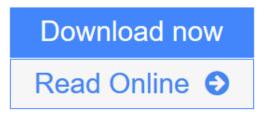


Yoga for Beginners: An Introduction to Yoga Practice. Discover What is Yoga, What are the Most Common Yoga Positions and Learn the Most Basic Yoga Poses for Beginners

Kimberly C. Leonard



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By the end of the report, you will be fully familiar with the seated and standing poses, inversion and restorative poses, backbends and Siddhasana.

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