

15 Yoga Poses for beginners



Yoga For Beginners Today

Tobias Bleicker

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New Age Journal ,1997 A Teacher's Guide for Beginning Yoga

Vijayendra Pratap,1987 Râja Yoga Messenger ,1925 Patanjali's Yoga Sutras; Patañjali,1924 A Series of Lessons in Gnani Yoga (the Yoga of Wisdom.) Yogi Ramacharaka,William Walker Atkinson,1907 *India Today International* ,2003

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