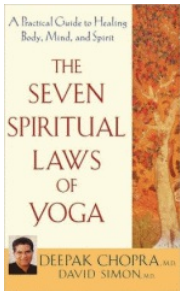


yoga

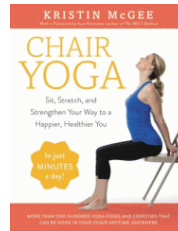
books dedicated to safe and therapeutic yoga training

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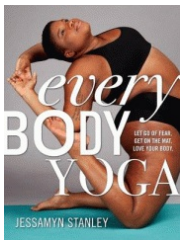
The seven spiritual laws of yoga: a practical guide to healing body, mind, and spirit

Chopra, Deepak.
BELIEFS HINDUISM 294.5436 CHOP



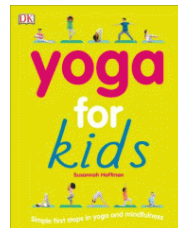
Chair yoga : sit, stretch, and strengthen your way to a happier, healthier you

McGee, Kristin,
HEALTH FITNESS 613.7046 MCGE



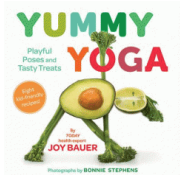
Every body yoga : let go of fear, get on the mat, love your body

Stanley, Jessamyn,
HEALTH FITNESS 613.7046 STAN



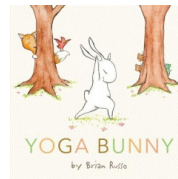
Yoga for kids

Hoffman, Susannah
J SELF 613.7046 HOFF



Yummy yoga : playful poses and tasty treats

Bauer, Joy,
J CREATE 613.7046 BAUE



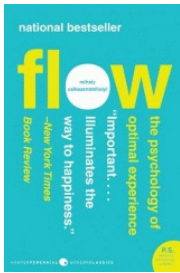
Yoga bunny

Russo, Brian,
E RUSS

yoga

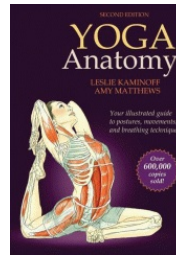
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Flow : the psychology of optimal experience

Csikszentmihalyi, Mihaly.
SELF GROWTH 155.2 CSIK



Yoga anatomy

Kaminoff, Leslie, 1958-
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