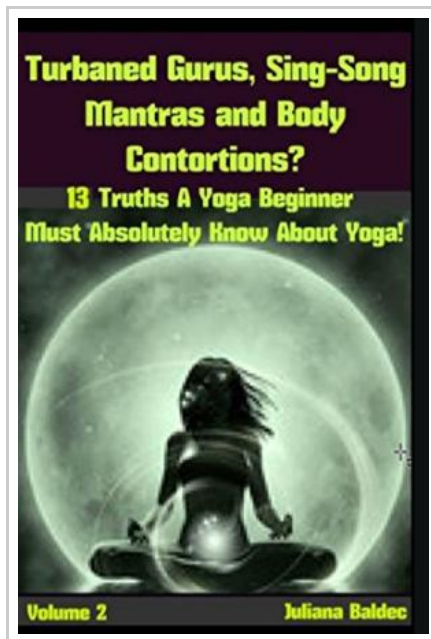




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By Juliana Baldec

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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

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starting Yoga would want to know about. The book takes the

reader via 13 short and snappy lessons through the different

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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

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As things become more integrated however, more and more

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