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Yoga For Beginners This Week Promo

Jennifer Smith

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Off The Mat Nicole Billa, 2006-10 Most people think of Yoga as a physical exercise good for flexibility and maybe even relaxation But Yoga has so much more to offer than that In this inspiring volume of essays Yoga teacher Nicole DiSalvo Billa shares insights into how the effects of Yoga practice can be even more powerful off the mat Weaving together Yoga philosophy and personal experience these essays offer wisdom regarding how Yoga can enrich and enlighten our daily lives

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