

Unlock Your Inner Serenity: The Beginner's Complete Yoga Self-Practice Guide

<meta name="description" content="Embark on a transformative journey

Image Alt Attributes:

- Hero Image: Yoga teacher guiding a beginner through a pose, helping them find inner peace and well-being.
- Pose Instructions: Clear and detailed illustrations of yoga poses, providing a step-by-step guide for safe and effective practice.
- Sequence Guide: A series of interconnected yoga poses designed to provide a balanced and beneficial yoga session for beginners.
- Mindfulness Moment: A peaceful image of a yogi practicing mindfulness, highlighting the calming and meditative aspects of yoga.
- Transformative Journey: A group of people practicing yoga together, representing the transformative and empowering nature of the yoga practice.



The Yoga Habit: A beginner's complete yoga self-practice guide. by June Browne

★★★★☆ 4.6 out of 5

Language : English
File size : 4099 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 197 pages



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