



The Yoga Look: 120 Yoga Poses; A Reference Guide for Travelers & Solo Yogis, Beginners to Advanced. The Ultimate Guide For Self Practice.

Courtney Marie

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The Yoga look is a simple reference book for the self-practicing yogi. This guide is designed to be used on the road, at home, or wherever you enjoy practicing the most.

Yoga helps calm your mind, is great for weight lost and helps in stress relief. The 120 Poses have been put together in a specific order where you can slide and pose, transitioning easily from one position to the next. Depending on the user, it holds 6-12 unique sessions and can be repeated in reverse!

Yoga is a beautiful and challenging art and the benefits are incredible! Advance your journey or learn today!

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