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YOGA FOR PREGNANCY



B Jain Publishers Pvt Ltd. Paperback. Book Condition: new. BRAND NEW, Yoga for Pregnancy, Sandra Jordan, This book offers yoga as a way of developing self-reliance and calmness of mind during pregnancy. Practising yoga poses with quiet mindfulness develops a strong, supple body and the ability to breathe deeply and relax completely. Yoga for Pregnancy provides ninety-two Iyengar poses carefully chosen for their safety and effectiveness during and after pregnancy. Each pose is explained concisely, illustrated with a photograph, and...

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- Authored by Sandra Jordan
- Released at -



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Reviews

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This book is really gripping and interesting. Of course, it is actually perform, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).

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