



Hot Yoga

By Marilyn Barnett

THAMES & HUDSON Jan 2018, 2018. Taschenbuch. Condition: Neu. Neuware - An illustrated guide to the classic Bikram method of yoga, including essential posture alignment. With clear, step-by-step instructions, full colour photos and the moving sequences of 26 poses. Englisch.



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Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).

-- **Ambrose Thompson II**

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