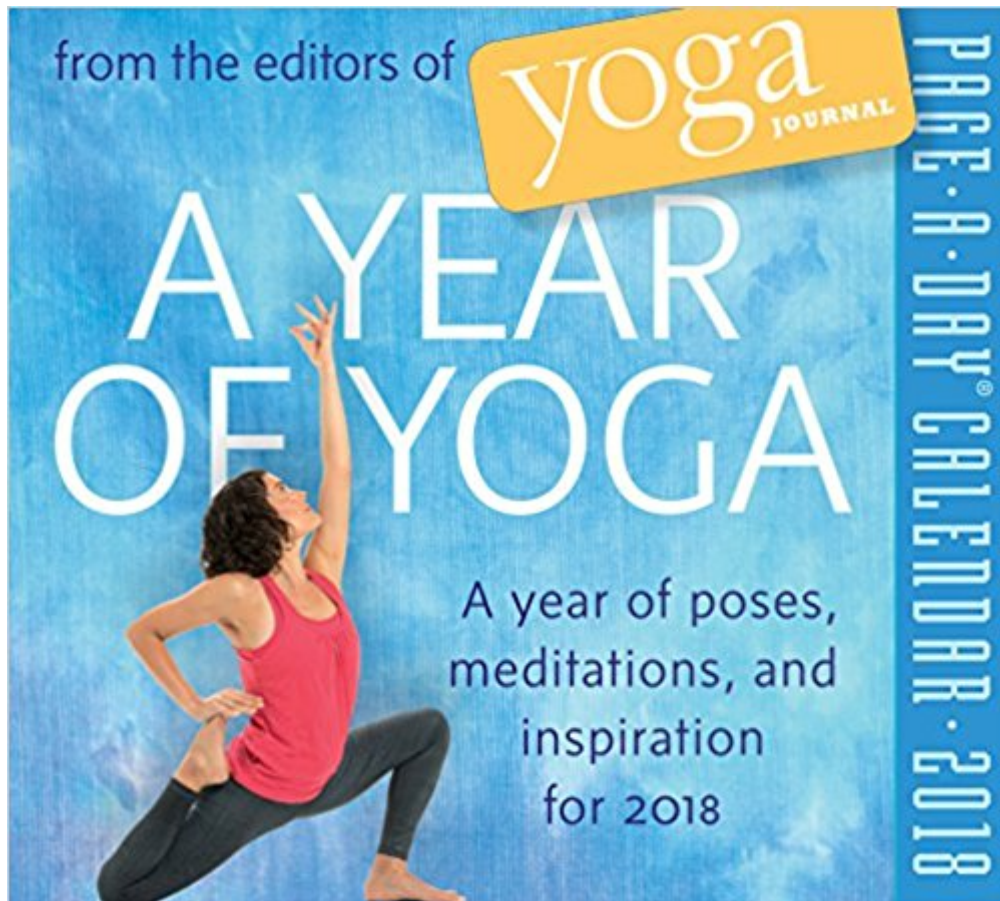


The book was found

A Year Of Yoga Page-A-Day Calendar 2018



Synopsis

A useful, inspirational calendar for new and experienced yogis alike, from the expert editors of Yoga Journal. Each week, A Year of Yoga Page-A-Day Calendar introduces a new pose, with step-by-step instructions and original photography—like the heart-opening Ustrasana, or Camel Pose, and the leg-strengthening Utkatasana, or Chair Pose—as well as tips on how to modify and deepen the stretches in new ways. With inspiring quotes and tips on self-care throughout (like abhyanga, or oil massage, to promote detoxification and circulation), a year of mental, physical, and spiritual renewal lies ahead. In fact, even pausing during a busy day to consider a yoga posture or philosophical insight is in itself a form of respite. ã ã

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