

# The Yoga Bible Definitive Guide To Christina Brown

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The Yoga Bible: The Definitive Guide to Yoga is published by Walking Stick Press on May 29, 2003. Since its publication, the book has been translated into a dozen languages. This book contains 416 pages and is written by Christina Brown.

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The Yoga Bible: The Definitive Guide to Yoga Postures. Christina Brown. Godsfield, Jan 1, 2003 - Hatha yoga - 400 pages. 7 Reviews. Yoga practice helps individuals to find mental and physical balance. It is suitable for all ages and abilities and should bring about a sense of spiritual and physical well-being, as well as suppleness.

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