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A usef, 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.

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Basically, it ' s a yoga devotional book. Every day of the year, Judith Hanson Lasater gives a short, maybe four-sentence meditation for you to ponder during your yoga practice or throughout your day. Since I ' m trying to read as many books as I can for my " book fairy " library, I couldn ' t take a year to complete it just now, sadly.

A Year of Living Your Yoga: Daily Practices to Shape Your ...

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A Year Of Yoga Page A Day Calendar 2018

Featuring one thought for each day of the year, along with a suggested practice, these brief, powerful insights reflect the author's knowledge of classic Yoga philosophy and years of experience. Humorous, inspiring, and surprisingly down-to-earth, the insights guide seekers both on and off the yoga mat.

A Year of Living Your Yoga: Daily Practices to Shape Your Life

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