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This sweet 400-page yoga book covers 170 yoga poses, as well as the other yoga practices of Pranayama, Mudras, Bandhas, and Kriyas. The book starts with a clear, short, and concise introduction to yoga, and ends with a yoga therapy section, but the book's bulk is focused on teaching the yoga postures, which it does exceptionally well.

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The Yoga Fat Loss Bible is jam-packed with over 50 easy-to-follow yoga poses for losing weight, toning and reclaiming your health and well-being. You'll receive a step-by-step, 6-week workout plan that you can follow in the privacy of your own home or office and start shedding pounds in as little as 14 days.

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Whether or not you do yoga religiously, The Yoga Bible is a useful book to have. No, The Yoga Bible has nothing to do with religion. It's a handy reference guide to the many yoga poses and how to perform them. The "Yoga Bible" is a bit different than Hatha Yoga Illustrated which I also recently reviewed. The Yoga Bible is more condensed and compact.

The Yoga Bible book review - HathaYoga.com

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