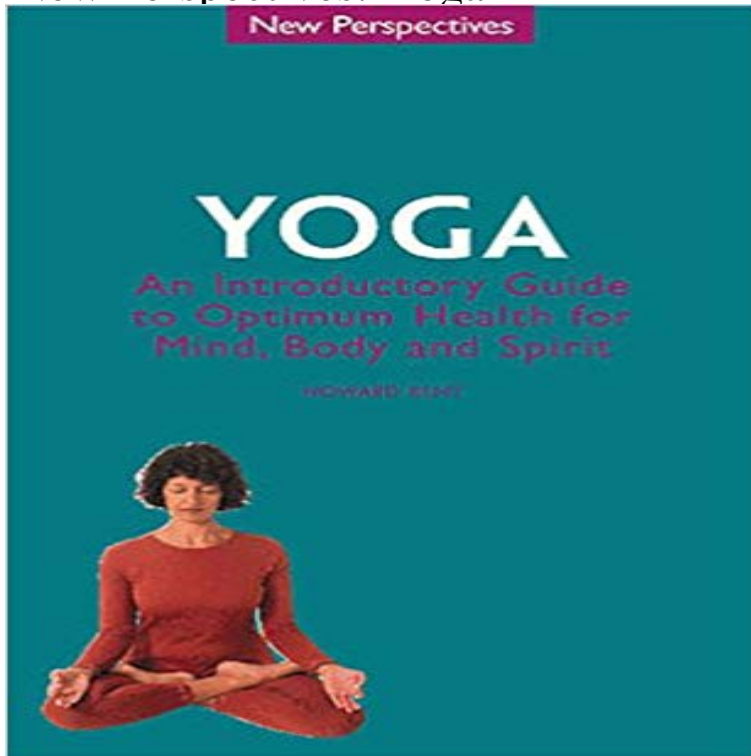


New Perspectives: Yoga



More than a simple set of postures, yoga is a lifestyle, incorporating diet, meditation, breathing and belief. New Perspectives: Yoga discusses its origins, introduces the great teachers, and accompanying step-by-step photographs illustrate and ensure correct movement.

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