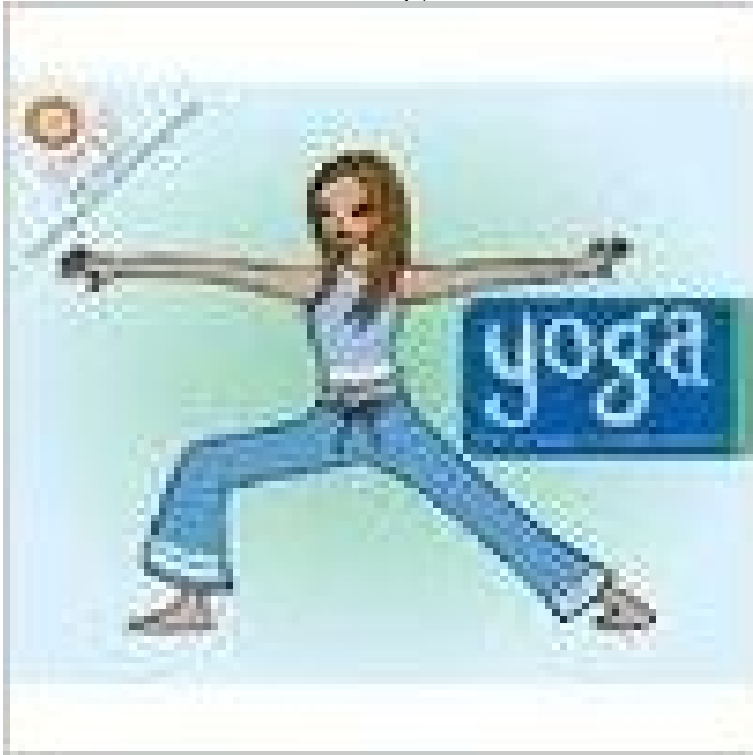


A Girls Guide to Yoga



Following a short description of yogas origins, the author instructs on poses, or asanas, and shows how each pose imitates nature. She then instructs on using each asana as a way of relaxation and a posture for meditation.

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