



Glow Guide: Yoga: Simple Steps for Health and Well-Being (Glow Guides)

Andrea McCloud

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Engaging both body and mind, yoga improves balance, promotes fitness, and enhances energy and concentration. *Glow Guide: Yoga* is a great beginner's handbook and a lasting pocket reference, offering more than 50 poses, from basic postures to more complex variations. Fully illustrated, with easy-to-follow instructions, this is the perfect portable guide to getting that healthy yoga glow.

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