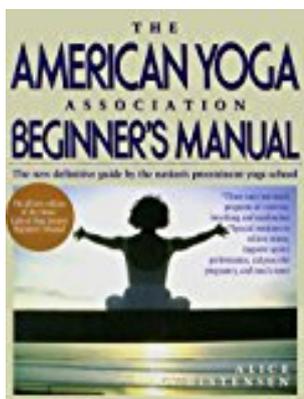


[PDF] American Yoga Association Beginner's Manual

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Description:

About the Author Alice christensen established the American Yoga Association in 1968. She is the author of several acclaimed yoga manuals and developed the EASY DOES IT programme over thirty years ago. --This text refers to the edition.

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