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Yoga Your Way Customizing Your Home Practice

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Yoga Your Way: Customizing Your Home Practice By Cindy

With the help of this unique and innovative manual, yoga practitioners can work to their optimum level and tailor their exercise to fit their individual needs. The secret lies in the split-page design that features 40 poses, or asanas, on one side and 30 practice routines on the other.

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Yoga Your Way: Customizing Your Home Practice by Cindy

This is one of the best how-to books on creating your own yoga practice that I have found. It is uniquely organized to either use some of the practices the authors suggest or to completely develop your own depending on your needs and abilities.

Amazon.com: Customer reviews: Yoga Your Way: Customizing

A unique split-page format helps yoga lovers easily personalize their routines and keep their home practice varied, fun, and highly individual. With the help of this unique and innovative manual, yoga practitioners can work to their optimum level and tailor their exercise to fit their individual needs.

Yoga Your Way: Customizing Your Home Practice (1579905730

We often think that our yoga practice needs to look a certain way, but when we only have half an hour to spare, every bit counts. Here are a few tips, based on my personal experience, to help you design your 30-minute practice.

How to Create Your Own 30-Minute Yoga Practice

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