



Practical Yoga: Restoring the Body, Mind and Spirit (Hardback)

By Shakuntala Zakheim, Kaitlin McComb

Mandala Publishing Group, United States, 2002. Hardback. Condition: New. Language: English . Brand New Book. An illustrated collection of asanas, mantras and meditations, simple cures you can incorporate into your daily life to help you when you are feeling stressed, or when you re looking for relief from bodily pain. There are essential teachings and practices distilled from several yoga traditions.



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