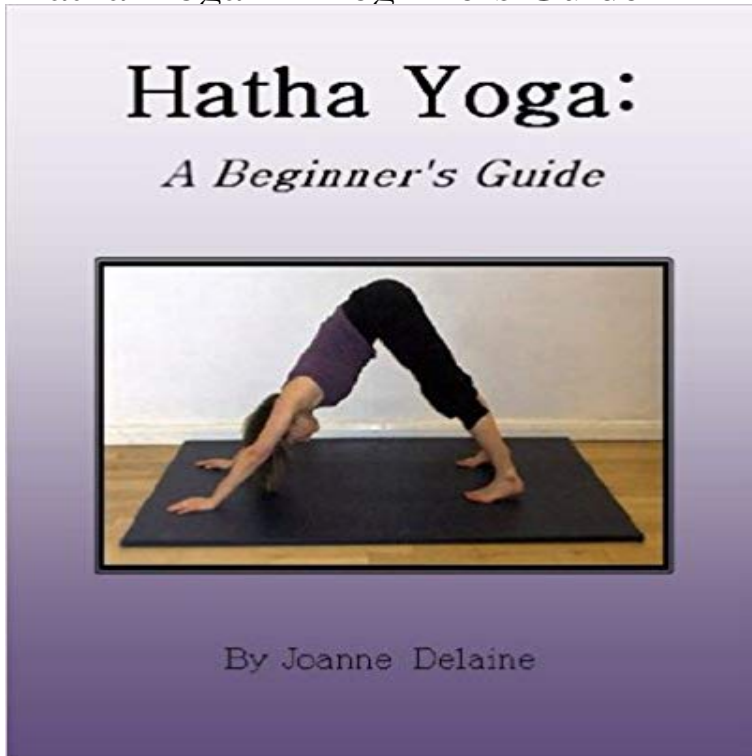


Hatha Yoga- A Beginners Guide



Hatha Yoga - A beginners guide is filled with practical tips that will help you avoid the common mistakes hatha yoga beginners often make saving you valuable time and money and allowing you to discover the absolute surest path to feeling and looking your best.

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