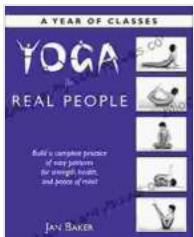


# Yoga For Real People: Year Of Classes

## The perfect book for beginners and experienced yogis alike

Yoga For Real People: Year Of Classes is the perfect book for anyone who wants to learn more about yoga. With clear instructions and beautiful photos, this book will help you improve your flexibility, strength, and balance. Whether you're a beginner or an experienced yogi, you'll find something to love in this book.



## Yoga for Real People: A Year of Classes by Jan Baker

★★★★☆ 4.1 out of 5

Language	: English
File size	: 3356 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 274 pages
Lending	: Enabled



## What's inside Yoga For Real People: Year Of Classes?

Yoga For Real People: Year Of Classes includes:

- 52 weekly yoga classes, each with a different theme
- Clear instructions for each pose
- Beautiful photos of each pose

- Modifications for each pose, so you can adapt the poses to your own body
- A glossary of yoga terms

## **Benefits of Yoga For Real People: Year Of Classes**

Yoga For Real People: Year Of Classes offers a number of benefits, including:

- Improved flexibility
- Increased strength
- Better balance
- Reduced stress
- Improved sleep
- Increased energy
- Improved mood

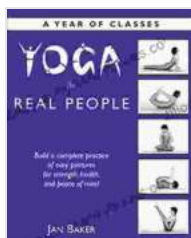
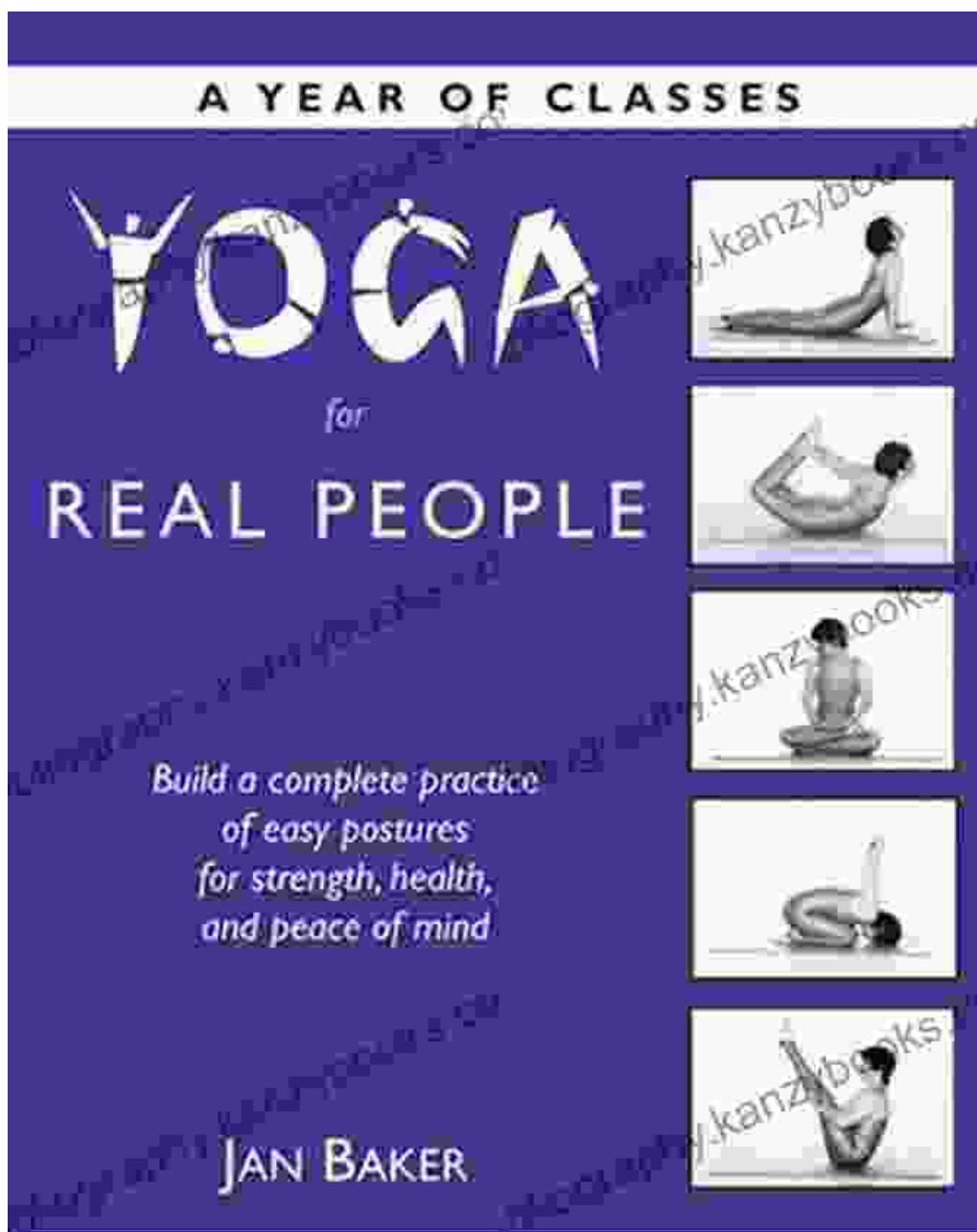
## **Who is Yoga For Real People: Year Of Classes for?**

Yoga For Real People: Year Of Classes is for anyone who wants to learn more about yoga. Whether you're a beginner or an experienced yogi, you'll find something to love in this book. The poses are clear and easy to follow, and the modifications make them accessible to all levels of yogis.

## **Free Download your copy of Yoga For Real People: Year Of Classes today!**

Yoga For Real People: Year Of Classes is available now for Free Download. Free Download your copy today and start your journey to a

healthier, happier you!



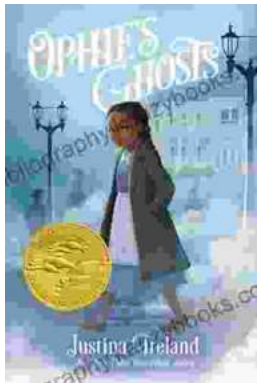
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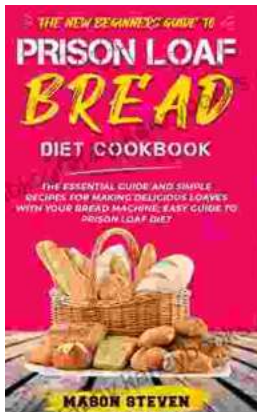
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