

YOGA

A beginner's guide

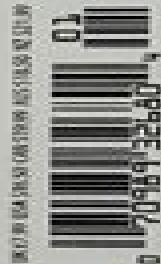
YOUR
COMPLETE
6-WEEK
COURSE



INSIDE

- ◆ Step-by-step plan
- ◆ 62 poses & sequences
- ◆ Expert instruction
- ◆ Home-practice tips

MORTON'S



BY EVE BOGGENPOEL

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