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Buy The Yoga Bible: The Definitive Guide to Yoga Postures by Brown, Christina (2003) by (ISBN:) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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The Yoga Bible: The Definitive Guide to Yoga Postures Godsfield Bibles Series: Author: Christina Brown: Edition: illustrated, reprint: Publisher: Octopus Publishing Group, 2009: ISBN: 1841813680, 9781841813684: Length: 400 pages: Subjects

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In the case of yoga, I have read numerous books and articles lately and I must say this fantastic book (The Yoga Bible: The definitive guide to yoga postures by Christina Brown) is the best book I have ever read on yoga. This incredible volume has over 170 yoga positions and they all are in full color showing the postures.

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~~The Yoga Bible - Kindle edition by Brown, Christina ...~~

The definitive work by B.K.S. Iyengar, the world's most respected yoga teacher. B.K.S. Iyengar has devoted his life to the practice and study of yoga. It was B.K.S. Iyengar's unique teaching style, bringing precision and clarity to the practice, as well as a mindset of 'yoga for all', which has made it into the worldwide phenomenon it is today.

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