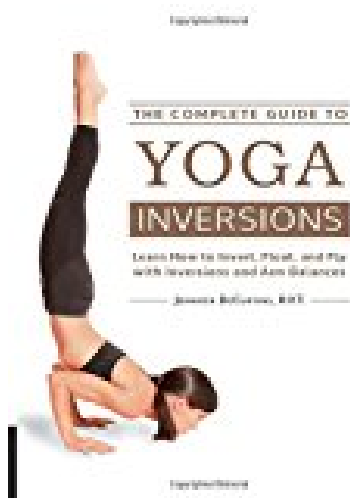


The Complete Guide to Yoga Inversions Learn How to Invert Float and Fly with Inversions and Arm Balances



BOOK DETAILS

- Author : Jennifer DeCurtins
- Pages : 160 Pages
- Publisher : Fair Winds Press
- Language : English
- ISBN : 1592336949

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BOOK SYNOPSIS

Key arm balances and yoga poses with detailed step-by-step instructions, including a helpful photo along with modifications and progressions.

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