



Yoga Cards: 100 step-by-step postures & sequences

Judy Smith

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This pack of yoga cards provides expert guidance for beginners and intermediate practitioners. Each card features a single asana with clear step-by-step photographs showing how to move in and out of each posture. The beauty of the cards is that it is easy to mix them around and create a personalized routine to suit time restraints and physical needs. There are 50 detailed asanas and also 50 at-a-glance sequences to follow

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