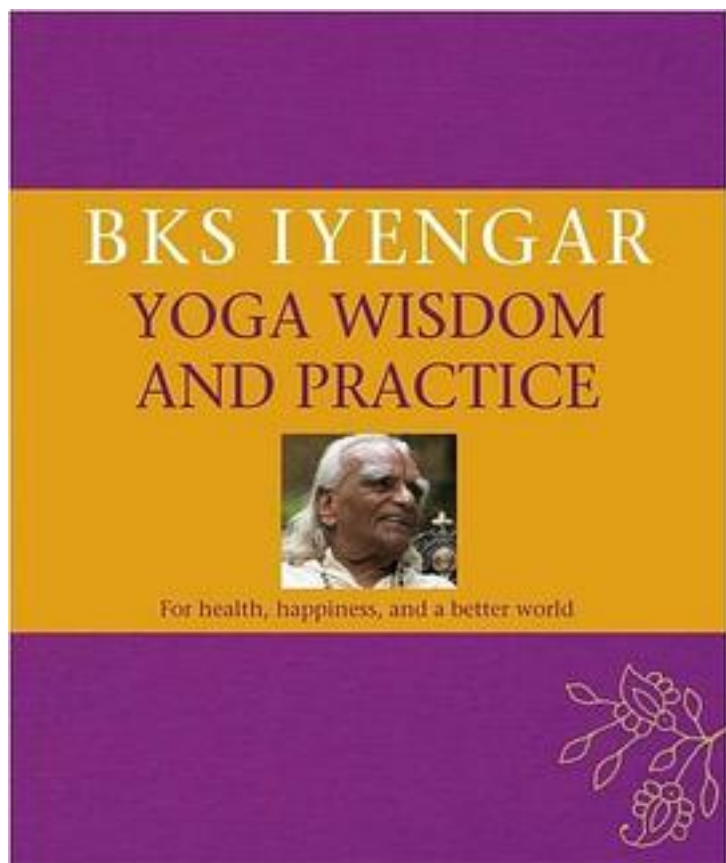


B.K.S. Iyengar Yoga Wisdom and Practice



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出版者:

出版时间:2009-5

装帧:

isbn:9781405335508

This book contains practical yoga instruction and words of wisdom for health, happiness and a better world, from BKS Iyengar. Through the writings, experiences and philosophy of the world's greatest yoga guru and teacher, BKS Iyengar, discover what yoga can do for your health, happiness and whole life. This blend of wisdom both ancient and modern and practical advice and guidance, provides a holistic,

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