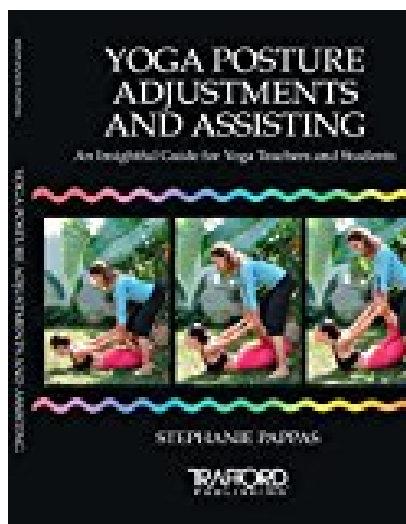


# Yoga Posture Adjustments and Assisting An Insightful Guide for Yoga Teachers and Students

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## BOOK DETAILS

- Author : Stephanie Pappas
- Pages : 260 Pages
- Publisher : Trafford Publishing
- Language : English
- ISBN : 1412051622



## BOOK SYNOPSIS

Yoga teachers and students will cherish this unique book on the art of performing hands-on yoga posture adjustments! The book contains over 200 photos, precise instructions, and insightful suggestions.

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