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Darren Rhodes

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Yoga Resource Practice Manual Darren Rhodes
The Yoga Resource Practice Manual is a comprehensive guide for yoga practitioners of all levels. All rolled into one, it is a reference manual, an instruction guide, a photo library, and a collection of Darren Rhodes' personal anecdotes from over two decades of practice and more than a decade of teaching. Whether you are a beginner interested in learning step-by-step practice instructions, or a seasoned practitioner looking to take your practice to the next level with advanced tips and techniques, this book has something for you! 360 poses with over 425 black and white photographs

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