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Author: Anurag Mehta

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Yoga is the natural power to fight diseases like stress, depression, anxiety, obesity, high blood pressure, heart problems, diabetes, arthritis, asthma, backache, stomach disorders and many more. It is a science that aims at uniting the mind and the body. It is the route for inner happiness.u003cbr /u003e

This book offers practical, easy to follow Asanas with photographs. Learn to practice yoga safely with easy postures, especially chosen for beginners. The information given in the book helps you to achieve maximum results with minimum time and effort.

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