



## Yoga for Stress Relief

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By Bharat Thakur

Wisdom Tree. Paperback. Book Condition: new. BRAND NEW, Yoga for Stress Relief, Bharat Thakur, Yoga for Stress Relief explains how yoga can be practised to eliminate stress. By practicing the simple and easy yogic techniques given in the book, the body and mind begin to work in harmony to make life healthy, happy and stress-free.

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