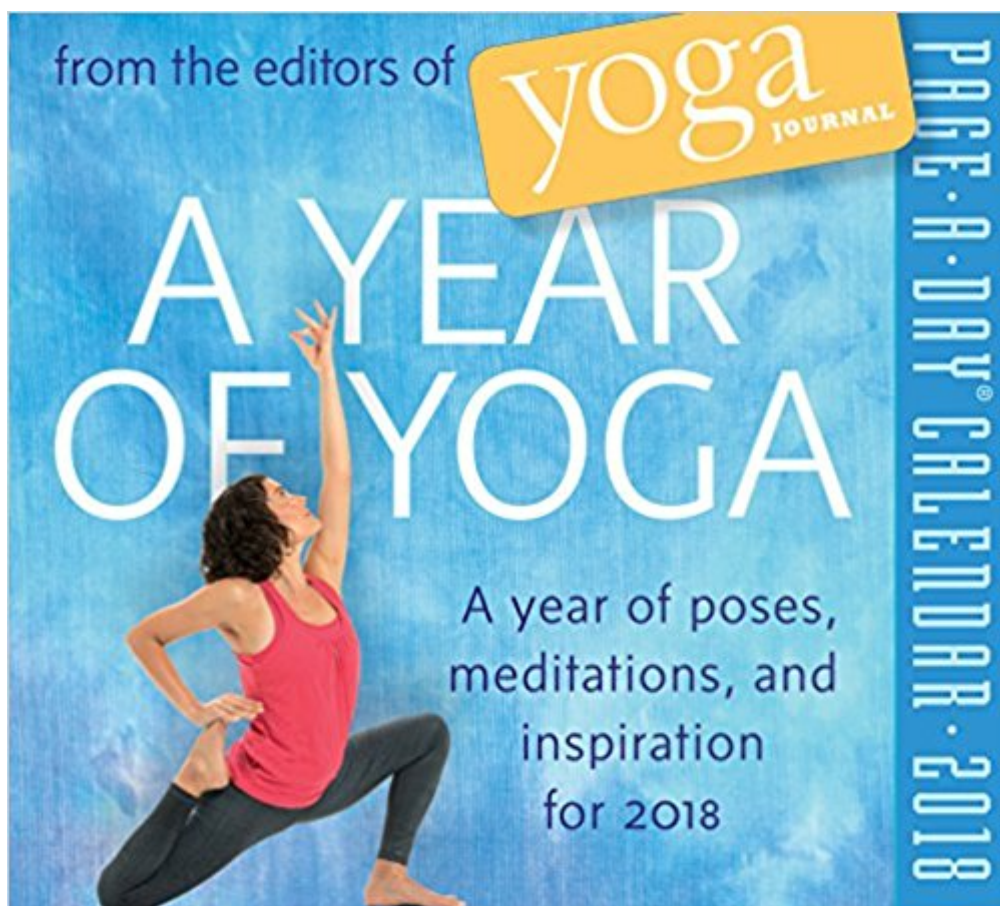


The book was found

# A Year Of Yoga Page-A-Day Calendar 2018



## Synopsis

A useful, inspirational calendar for new and experienced yogis alike, from the expert editors of Yoga Journal. Each week, A Year of Yoga Page-A-Day Calendar introduces a new pose, with step-by-step instructions and original photographyâlike the heart-opening Ustrasana, or Camel Pose, and the leg-strengthening Utkatasana, or Chair Poseâas well as tips on how to modify and deepen the stretches in new ways. With inspiring quotes and tips on self-care throughout (like abhyanga, or oil massage, to promote detoxification and circulation), a year of mental, physical, and spiritual renewal lies ahead. In fact, even pausing during a busy day to consider a yoga posture or philosophical insight is in itself a form of respite. Â

## Book Information

Calendar: 320 pages

Publisher: Workman Publishing Company; Box Pag edition (August 3, 2017)

Language: English

ISBN-10: 1523501766

ISBN-13: 978-1523501762

Product Dimensions: 6.1 x 1.4 x 5.5 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #56,756 in Books (See Top 100 in Books) #3 inÂ Books > Calendars > Diet & Health #182 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

a holiday gift

[Download to continue reading...](#)

Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) A Year of Yoga Page-A-Day Calendar 2018 Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners) Horses Dreaming Calendar - Calendars 2017 - 2018 Calendar - Wild Horses Calendar - Animal Calendar - Poster Calendar - Photo Calendar By Helma

2018- Beautiful Horse on the Beach 2017-2018 Academic Year Monthly Planner: July 2017 To December 2018 Calendar Schedule Organizer with Motivational Quotes (2018 Cute Planners) (Volume 85) 2018- Beautiful Night Sky Breathing 2017-2018 Academic Year Monthly Planner: July 2017 To December 2018 Large 8.5x11 Calendar Organizer with Motivational Quotes (2018 Cute Planners) (Volume 86) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Beautiful London Obsession 2017-2018 Large Monthly Planner Calendar: July 2017 To December 2018 Academic Year Calendar with Inspirational Quotes (2018 Cute Planners) (Volume 36) 2018 Wedding Bell Bliss 18 Month Planner Calendar 2017-2018: July 2017 To December 2018 Calendar Schedule Organizer with Inspirational Quotes (2018 Cute Planners) (Volume 35) Younger This Year! Page-A-Day Calendar 2018 365 Bible Verses-A-Year Page-A-Day Calendar 2018 365 New Words-A-Year Page-A-Day Calendar 2018 A Year of Good Beer Page-A-Day Calendar 2018 A Year of Baseball Trivia! Page-A-Day Calendar 2018 The Official 365 Sports Facts-A-Year Page-A-Day Calendar 2018 A Year of Football Trivia! Page-A-Day Calendar 2018 Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) Puppies Calendar - Cute Animals Calendar - Dog Breed Calendars 2018 - Dog Calendar - Calendars 2017 - Calendars 2017 - 2018 Wall Calendars - Puppies 16 Month Wall Calendar by Avonside Today Is Going to Be a Great Day! Page-A-Day Calendar 2018

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)