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THE YOGA WAY: LEARN WHY YOGA IS NOT JUST A WORKOUT BUT A POWERFUL SYSTEM FOR TRANSFORMING YOUR LIFE



Artspec, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Yoga isn't (just) a workout. It's a complete lifestyle philosophy. Danny Cheung, a yoga teacher, studio owner and practitioner of fifteen years, has transformed his life from a Groundhog Day existence - lurching from one triumph or disaster to the next - to a life with greater purpose, control, emotional stability, and happiness. Isn't that...

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- Authored by Danny Kw Cheung
- Released at 2015



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Reviews

An extremely wonderful book with perfect and lucid information. This can be for all those who state there had not been a really worth reading through. Its been written in an exceptionally easy way and it is only after i finished reading this ebook in which actually modified me, alter the way i really believe.

-- **Kaelyn Reichel**

It is an awesome pdf i have possibly go through. It really is filled with wisdom and knowledge You will not really feel monotony at whenever you want of your time (that's what catalogues are for relating to in the event you ask me).

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