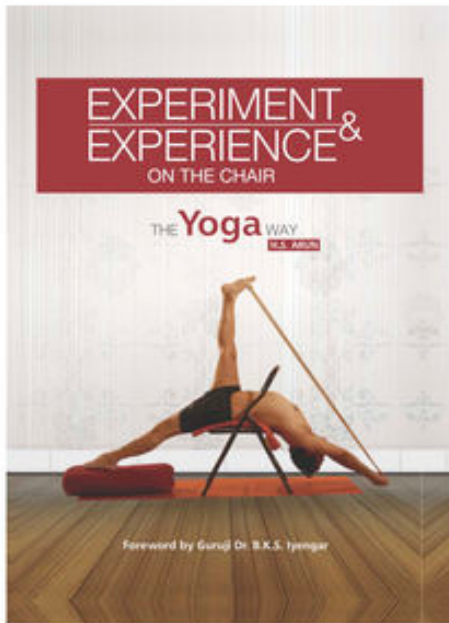


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In addition to yoga poses on the chair, this book also explores the holistic nature of yoga, its history and philosophy, as well how to integrate its classical tenets into a practice. Basic concepts of diet and discipline, as well as helpful hints and key details, are included to keep the student safe and grounded.

There is something in this book for everyone -- beginners, advanced students, and teachers alike. Learn how a simple chair can elevate your yoga practice to a whole new creative level.

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If you realise your experiment and experience on the chair so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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