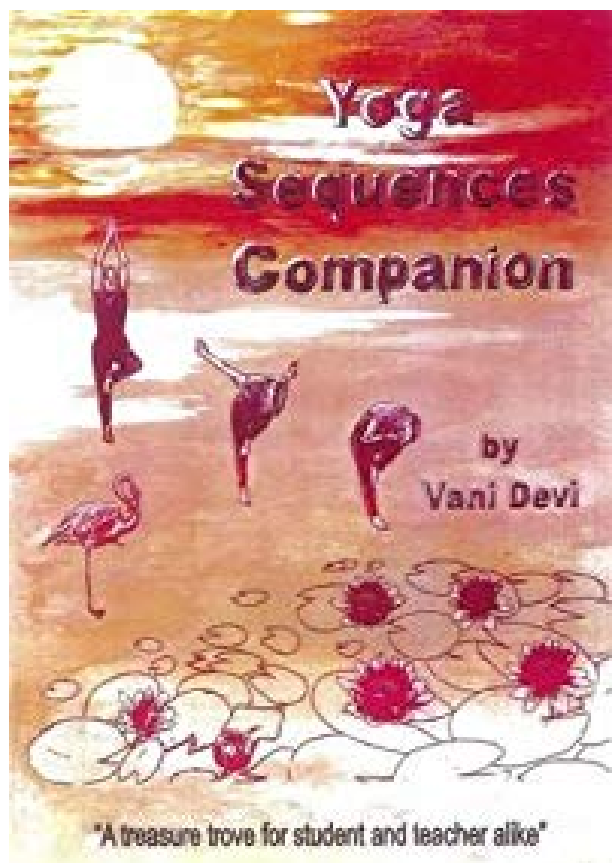


Yoga Sequences Companion



Author:	Vani Devi
Goodreads Rating:	4.67
Pages:	150
ISBN13:	9780952478171
Genre:	Uncategorized
Language	English
Published:	January 1st 2011 by Kool Kat Publications
ISBN10:	095247817X

[Yoga Sequences Companion.pdf](#)

[Yoga Sequences Companion.epub](#)

This is a brand new edition of Vani's much loved earlier Yoga Sequences titles. It contains 68 yoga sequences and additional ideas to compliment your practice. These include breath work, background information and meditations. An excellent hatha yoga resource for teachers and students.