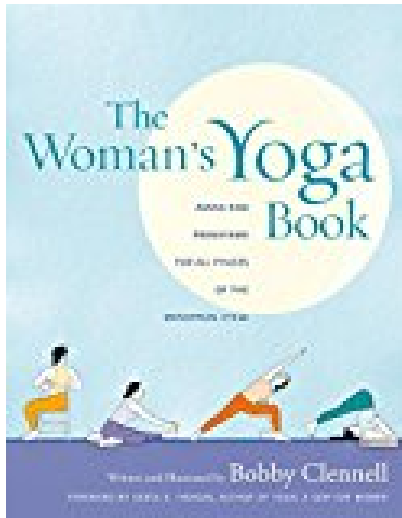


The Womans Yoga Book Asana and Pranayama for all Phases of the Menstrual Cycle



BOOK DETAILS

- Author : Bobby Clennell
- Pages : 256 Pages
- Publisher : Rodmell Press
- Language : English
- ISBN : 1930485182



BOOK SYNOPSIS

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