



Gotta Minute? Yoga for Health and Relaxation

By Nirvair Singh Khalsa

Robert D. Reed Publishers. Paperback. Book Condition: new. BRAND NEW, Gotta Minute? Yoga for Health and Relaxation, Nirvair Singh Khalsa, Yoga for everyone to do anytime! Simple physical exercises, breathing techniques and meditations from the ancient tradition of yoga. Readers can learn to address common daily challenges easily and successfully. The author is on the board of the International Kundalini Yoga Teachers Association.



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