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BEAUTY YOGA FOR GIRLS: FIGURE CORRECTION, MEMORY AND CONCENTRATION, PMS



Wisdom Tree. Paperback. Book Condition: new. BRAND NEW, Beauty Yoga for Girls: Figure Correction, Memory and Concentration, PMS, Seema Sondhi, This yoga book, written in a concise and easy-to follow manner, helps you tackle the peculiar problems associated with girls in teens, like PMS. There are asanas to help your radiant skin glow better, figure correction and height improvement; indeed, everything to help you have a beautiful body and a beautiful soul. For, a beautiful 'young lady' like you deserves...

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- Authored by Seema Sondhi
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