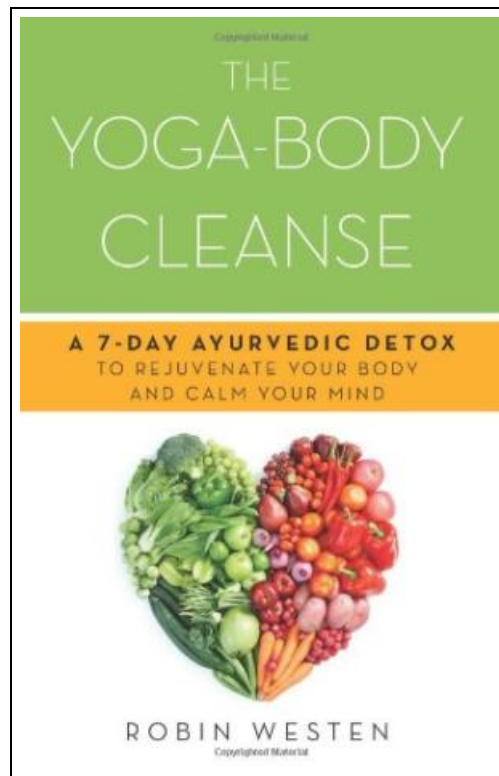


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Reviews

Thorough manual for pdf lovers. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
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Ulysses Press. Paperback. Book Condition: new. BRAND NEW, The Yoga-Body Cleanse: A 7-day Ayurvedic Detox to Rejuvenate Your Body and Calm Your Mind, Robin Westen, ENHANCE YOUR PRACTICE Yoga brings us into balance by opening the heart, clearing the mind and increasing flexibility while strengthening muscles, bones and internal organs. These amazing benefits are boosted to the max in The Yoga-Body Cleanse, which uses traditional Ayurvedic principles to rid your body of toxins and leave you fully rejuvenated. The simple day-by-day program in this book offers a complete diet of smart, delicious foods with super-healing powers that strengthen you instead of leaving you hungry. By following this holistic program you will: * Feel Energized * Flush Contaminants * Lose 5 to 8 Pounds * Relieve Stress * Look Younger * Increase Mental Clarity.



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