



Yoga Menagerie's Positive Affirmation Reflexions: Book Two (Paperback)

By Victoria Fishman

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Positive Affirmation Reflexions are a collection of sequences designed to combine Positive Affirmations with Yoga. These sequences assist in developing the mind-body connection as well as a trigger for positivity! Includes sections for couple and families too! Strengthen your body and your relationships! These sequences are complete with partner poses that can be adapted to practitioners of all sizes, ages, levels and abilities! They can also be adapted for as many practitioners as there are members of each family! Includes photos illustrating each sequence! The Character Building Yoga Section includes 10 adventure flows exploring numerous character building virtues!.



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Reviews

This published book is wonderful. It is really simplified but unexpected situations within the fifty percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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It is just one of the best ebook. I could possibly comprehend everything using this written ebook. You won't feel monotony at whenever you want of your time (that's what catalogs are for regarding should you check with me).

-- **Dayana Brekke Sr.**