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## Yoga Practice Journal

By W Fitz-Simon

Dedo Press. Paperback. Book Condition: New. B Hulanicki (illustrator). Paperback. 204 pages. Dimensions: 9.1in. x 7.4in. x 0.6in. This yoga home practice journal by long-time yoga teacher and practitioner Witold Fitz-Simon is beautifully illustrated with paintings and drawings by internationally renowned designer and creator of BIBA, Barbara Hulanicki. It includes: detailed journal pages to organize your practice; self-assessment questionnaires to record your progress; motivational strategies; asana practice guidelines with detailed lists and syllabuses of poses appropriate for different levels; pranayama guidelines; meditation techniques; a breakdown of key aspects of yoga philosophy, and more. Unlike anything else on the market today, the Yoga Practice Journal provides a touchstone for the dedicated yoga practitioner to help them explore and develop their journey along their spiritual path. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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