



The Pleasures and Principles of Partner Yoga

Elysabeth Williamson

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The Pleasures and Principles of Partner Yoga Elysabeth Williamson

This book is a synthesis of ancient and modern yogic techniques that focus on both self and relationship development. Presents simple to advanced partner and group practices that are ideal for those with or without prior Yoga experience. Over three hundred beautiful, unique photographs and illustrations demonstrating over sixty practices.

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