



# Preliminary Course (For Beginners) (Yoga In Action)

*Geeta S. Iyengar*

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**Preliminary Course (For Beginners) (Yoga In Action)** Geeta S. Iyengar

A preliminary course of asanas and pranayama based on the syllabus taught at the Ramanani Iyengar Memorial Yoga Institute.

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Excellent for one's own home practice or to assist in teaching an intro/early class.

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