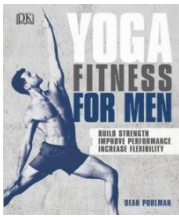


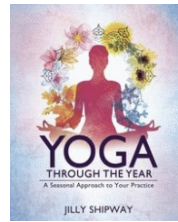
Fort Hamilton Branch Yoga Book List

Attend Our Popular Yoga Programs - Read These Yoga Books

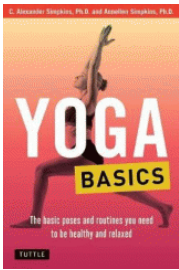
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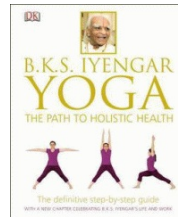
Yoga fitness for men : build strength, improve performance, increase flexibility
Pohlman, Dean, author.



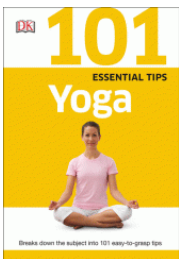
Yoga through the year : a seasonal approach to your practice
Shipway, Jilly, 1958- author.



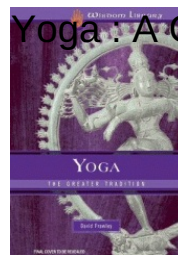
Yoga Basics : The Basic Poses and Routines You Need to Be Healthy and Relaxed
Simpkins, C. Alexander



Yoga
B.K.S. Iyengar.



Yoga
US editor, Jill Hamilton.



Yoga : A Guide to the Teachings and Practices
Frawley, David