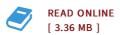




# Bikram s Beginning Yoga Class (Paperback)

By Bikram Choudhury

Penguin Putnam Inc, United States, 2000. Paperback. Condition: New. 2nd ed.. Language: English . Brand New Book. Sweat, strain, laugh, and do more for your health, body, and general well-being than you even imagined possible as you take your beginning yoga class from Bikram. For more than twenty years, Bikram s Beginning Yoga Class has been among the preeminent and most beloved of all yoga guides-and now it has been revised and updated by Bikram, with virtually allnew photographs and an updated section on yoga s medical benefits. With nearly two hundred vivid instructional photographs, Bikram s Beginning Yoga Class is the perfect guidebook for any student of yoga, either advanced or beginner-a reference that makes Hatha yoga fun, easy, and completely understandable. Illustrated throughout with 160 black-and-white photographs by Biswanath Bisu Ghosh.



# Reviews

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