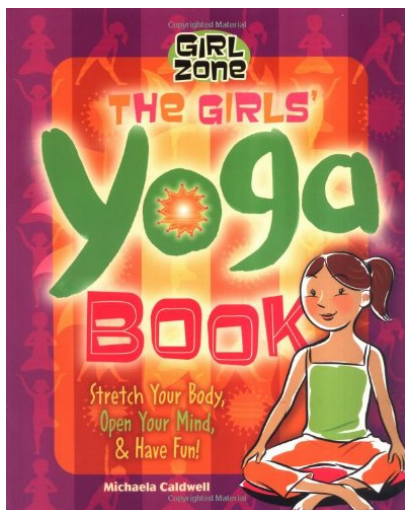


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by Micheala Caldwell : **The Girls' Yoga Book: Stretch Your Body, Open Your Mind, and Have Fun! (Girl Zone)**

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Description :

PDF-0cb05 | Yoga teacher Michaela Caldwell has created this fourth book in the unique Girl Zone series, exploring issues of importance to girls and young women. This joyful guide invites girls to get active, have fun, feel strong, and glow with good health. Safe and innovative guidelines introduce girls to the poses, breathing, and meditation exercises of traditional yoga, as well as its long and fascinating hi... *The Girls' Yoga Book: Stretch Your Body, Open Your Mind, and Have Fun! (Girl Zone)*

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