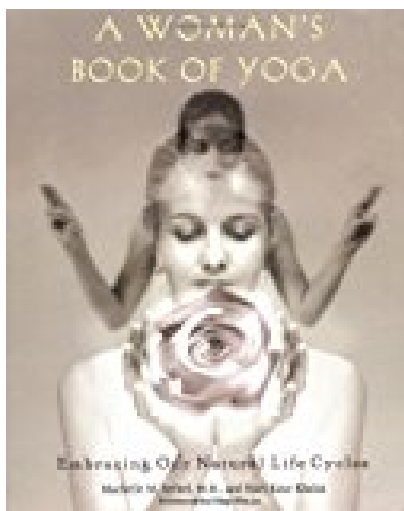


# A Womans Book of Yoga Embracing Our Natural Life Cycles

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## BOOK DETAILS

- Author : Machel M. Seibel
- Pages : 288 Pages
- Publisher : Avery
- Language : English
- ISBN : 1583331379



## BOOK SYNOPSIS

Explains how to perform yoga exercises and meditations dealing with such issues as menstruation, pregnancy, and self-healing; provides information on womens health; and contains recipes for nutritional foods.

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