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by Lin Craddock : **Yoga for the Stiffer Body: Inspirational Yoga Sequences Made Accessible for Real People**

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PDF-a138e | Do you look at the idealised yoga images in the media and think, “That’s not for me – I’m just not that flexible”? Unrealistic body images of beautiful, agile Instagram models – oiled-up to show off amazing muscle definition and balancing in impossible positions – intimidate many of the people who would hugely benefit from the health and mental wellbeing qualities that yoga provides. S... *Yoga for the Stiffer Body: Inspirational Yoga Sequences Made Accessible for Real People*

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