

Beginner's Yoga



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Stock Qty:

Product Description

Beginner's Yoga starts you down the path toward strength, balance and mental focus. With this video download, you don't have to be a great athlete or gym guru to learn the best and most basic techniques for lifelong yoga foundation.

- Video download
- Five workouts.
- Balance, strength and endurance.
- Flexibility and core strength.
- Includes modification for novices.

Product Specification

More Information

Format	Download
Activity	Outdoor, Yoga, Gym, Athletic, Sports