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The Yoga Bible is the ultimate comprehensive guide to practicing yoga. The book is divided into four parts. Part one is a detailed introduction about what yoga is and the various yoga practices.

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Part two is the longest part of the four since it details the actual practice of the yoga postures.

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The Definitive Guide to Yoga Medically reviewed by Daniel Bubnis, M.S., NASM-CPT, NASE Level II-CSS — Written by Tiffany Cruikshank from Yoga Medicine — Updated on June 16, 2020 1.

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