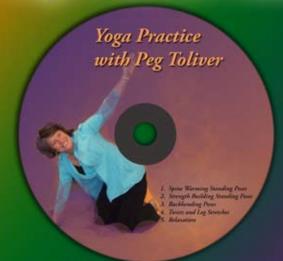
Yoga Practice Audio CD



75 minutes long Includes pose guide Balanced work out for spine, hips and shoulders can be broken into 15 min segments for shorter practices.

Tracks

- 1. Spine Warming Standing Poses
- 2. Strength Building Standing Poses
- 3. Backbending Poses
- 4. Twists and Leg Stretches
- 5. Relaxation

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