



Yoga for Joyous Women

Empowering Femininity

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Category : Practical Books

Genres : Well-Being/Self-Help - Sports/Games - Lifestyle

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A bodily journey toward harmony between male and female elements. Final destination? Balanced humanity.

Based on her practice of kundalini yoga, instructor Marion Sebih guides women to embrace their femininity in order to reach a better mind-body balance through the various phases of a lifetime from teenagehood to menopause.

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