

## The Yoga Bible

*Body, Calming Your Mind And Be Stress-Free! I think you will agree with me when I say, the world is a pretty crazy place. I mean we all wake up early in the morning, take our breakfast, disappear into our daily responsibilities (which can be work or school), return home, try to get some few hours of sleep and then wake up and repeat everything again. What are we really doing to ourselves? We have made ourselves so busy that we have lost touch with our inner selves; which is okay except for the fact that, that type of life is affecting our health negatively by piling up stress in your body and mind. You know what we need, a breather and this guide has the perfect one for you. YOGA! Yes, you heard me. For a long time now, yoga has been known to work wonders on the body and mind. Basically, it helps you get in touch with your inner self in a process that releases stress from your body, calms your mind and boosts your strength. After a session of yoga, you glow and feel light. Now, who wouldn't want that? This guide will introduce you to this magical method known as yoga. By reading it, you will get to know the history of yoga, the benefits of yoga, what to expect from yoga classes and what you need to start practicing it. You will also learn some yoga postures and routines that you can do to free your mind from stress while strengthening your body. Are you ready to learn how to channel your inner yogi? Here's what we'll cover in this Yoga For Beginners book: ?Section 1: A Deep Understanding Of Yoga ?Section 2: Pre-Yoga Orientation And Preparation ?Section 3: Basic Yoga Poses ?Section 4: Basic Yoga Routines ?Section 5: Yoga Diet ?Section 6: Frequently Asked Questions Get Your Copy Today!*

*Join the hottest trend in yoga, with 50 exciting poses to practice on your Yoga Wheel. The perfect guide for beginners to yoga. Large illustrations and instructions for using the Yoga Wheel to support you and help you balance in your first poses! If you are a more experienced Yogi, the Yoga Wheel Book can push you to reach more advanced postures and develop your practice. The Yoga Wheel Book outlines how you can use the Yoga Wheel to practice 50 yoga poses, with illustrations and instructions. Yoga Wheel Club is a community of Yoga Wheel lovers that share the best poses for your practice. We've combined all the most exciting and challenging poses into one book so that you can explore new ways to use your wheel. The Yoga Wheel can help you reach more difficult poses by improving your flexibility, posture and strength. Book Features: Warm-ups and stretches Beginner Poses Intermediate Poses Advanced Poses Partner Poses Beautiful illustrations \ Large print - visible from the mat! If you are new to the wheel, start with some beginner poses, before moving on to the intermediate or advanced sections. You can also try some partner poses to share the joy of the yoga wheel with friends. Grab the wheel and begin your journey!*

*The Complete guide for beginner level Yoga poses are there All kind of people can do with this, like students childrens, adults, parents..Doing yoga makes you strong more and more, not only your body but also inner mind too. Daily practise make you stronger Hope you will like Its best gift for your loved once*

*Providing a complete manual for the study and practice of Raja Yoga--the path of concentration and meditation--a new deluxe printing of a collection of timeless teachings is a treasure to be read and referred to again and again by seekers treading the spiritual path. Reprint.*

*Yoga Bible For Beginners*

*The Essential Guide to Complete Mind/Body Fitness*

*Yoga: For Beginners: Your Guide To Master Yoga Poses While Strengthening Your Body, Calming Your Mind And Be Stress Free!*

*The Women's Health Big Book of Yoga*

*They Call Me Jesus*

*Created on Purpose for Purpose*

Reproduction of the original: Expositor's Bible: The Book of Ecclesiastes by Samuel Cox

Discover why Robert Downey Jr, Jennifer Aniston, and Russel Brand all set aside time off their busy schedules to engage in the life-changing practice of Yoga. Do you sometimes feel stressed, anxious, lonely and depressed? Are you always up in your head, constantly dwelling on the past and worrying about the future? Do you want to live a more productive, stress-free and happier life? If so, then you've come to the right place. With The Yoga Beginner's Bible, you will embark on an inner journey that will take you back to the state of peace, joy and happiness you were born to inhabit. From the outside yoga can seem like an esoteric, mystical endeavor exclusively reserved to Tibetan monks and spiritual adepts. This could not be further from the truth. Yoga is not only accessible to anyone, it is easy to learn if you have the right mindset and the benefits are only a few minutes away.

With the price of admission, you are guaranteed a one-way ticket to hell. There's no deal on Earth like it. Do you want to spend eternity in the Kingdom of darkness but don't want to have to commit any real sins like murder or sodomy? Never before has this kind of deal been offered. All you have to do is pay the fee to purchase this book and your afterlife will be secured no matter how many orphans you feed or puppies you pet. Claim your ticket to Hell with proof of purchase over at [www.RottingHorse.com](http://www.RottingHorse.com) A parody of parables for the new ages. Join Jesus Christ on an adventure throughout the centuries as he joins forces with an unlikely immortal ally to expose the true faces of evil who call themselves, The Craftsmen. Enjoy this timeless tale of revenge and denial as Jesus delivers his own brand of holy justice. This exclusive early edit is available now for those who want to experience the artistic process. There are typos and other issues in this novel but none that we find too critical to stop us from letting you take a look behind the curtain. The final product may be very different (i.e. changing the the book from present tense to past tense is a strong consideration) from what you purchase here. You can get the whole thing free as a PDF directly from [www.RottingHorse.com](http://www.RottingHorse.com) What's really being sold here is your soul.

Presents postures and total body sequences, offers breathing and meditation techniques, provides advice on finding the right style of yoga and shares a nutrition plan centered around clean, calming foods.

Simple Practices To Build Strength, Improve Performance, And Increase Flexibility: Spirituality Yoga Books

Godsfield Bibles

The New Magnified Version of Isaiah in Plain English!

Yoga Dipika

Yoga and the Bible

Understanding the Hidden Teachings of the Gospels

Yoga brings not only a suppleness to the body but also a sense of spiritual and physical well-being to those who practice it. Featuring over 170 postures from the main schools of yoga, The Yoga Bible is the ultimate, comprehensive guide to practicing yoga and finding a mental and physical balance in life. The book encourages yoga beginners and experts alike to find a yoga sequence that suits their personal needs and abilities.

Do you know that you were well thought out in the mind of God? Do you know you were not a by-chance product? Do you know you have a God purpose? Created On Purpose For Purpose holds the keys that will unlock all the answers and equip you to walk out your God purpose! Everyone has a sense that they were born for a purpose. But there is something more than just a purpose. The God purpose was designed specifically for you, and it's your responsibility to live out this assignment! From her own experience in discovering her God purpose, author Lisa Singh has outlined the steps to take to discover your God purpose. This easy-to-read guide will instruct you to explore why God designed a special purpose for you and how you can come to understand it. Once you know your place in the world, you can begin to live your purpose and thereby bless not only yourself, but the world you live in. Realize who you are and learn practical applications for victorious, fulfilling living. Whether studying alone or in a small Bible study, you'll find the tools you need to find your God purpose and start living your life the way it was intended to be lived—on purpose!

The Yoga Bible Penguin

New 2nd Edition! Now Includes Free Bonus: The 5 Most Common Yoga Mistakes: How Can You Avoid Them? Learn why successful people like Hillary Clinton, Ryan Gosling and Arianna Huffington all practice yoga! Get access to 30 yoga poses with step-by-step instructions to develop your own yoga practice BONUS: Free Guided Relaxation Inside! Do you often feel stressed, tense, or even anxious? Do you have the tendency to ruminate about past events? Would you like to live a healthier and happier life instead? Then you have come to the right place: 'The Yoga Bible For Beginners' will allow you to reconnect with your deepest self again, so you can experience deep joy, contentment and inner peace. The number of Americans that practice yoga regularly has increased grown from 20.4 million in 2012 to a staggering 36 million in 2016! This many people can't be wrong. We live in a fast-paced world in which our senses are constantly stimulated. Yet, this progress comes at a cost. We are constantly tempted to keep up with Joneses, and many people have lost the connection between their mind and body. Sound familiar? Yoga can help restore this balance. For example, one study showed that yoga - even when practiced for the very first time! - can normalize levels of the stress hormone cortisol. In this book, you will be taken by the hand so you can develop your own yoga practice and take back control of your health and happiness. In 'The Yoga Bible For Beginners' You Will Learn: What Yoga is The Health Benefits of Yoga How to Perform a Yoga Pose Correctly 30 Yoga Poses (Beginner, Advanced, and Expert) The Foundation of a Yoga Practice: Breath Awareness and Relaxation How to Make Yoga a Habit The Eight Limbs of Yoga How to Meditate And Much More! And as a FREE BONUS, you will find a script inside that you can use to record your own guided relaxation! Sound good? Then let's get started! Now is the day on which you can take the first step to changing your life through yoga. So...ARE YOU READY TO TAKE ACTION? ==> ACT NOW! Scroll up now and click the 'buy' button to get your copy today! PAPERBACK EDITION: Kindle edition included for FREE with purchase of paperback!

The Gospels and Acts Book 2

Yoga Bible Journal

Bringing the Body, Mind and Spirit Into Balance and Harmony

The Yoga of the Divine Word

Commentary on the Book of Judges

Scripture Yoga: 21 Bible Lessons for Christian Yoga Classes

***Yoga brings not only a suppleness to the body but also a sense of well-being to those who practise it. Featuring over 350 postures from the main schools of yoga, The Modern Yoga Bible is the ultimate step-by-step guide to active flowing sequences, slower, more restorative floor-based postures (yin-yoga) and meditation. From luscious limbering to blissful backbends, this book offers beginners and expert yogis alike tips to on how to deepen their practice and modify poses to suit their individual needs and experiences. Learn to utilise body, energy and mind to find a yoga philosophy tailored to modern life.***

***Shabad Yoga is the highest of the Indian yoga systems. Shabad means divine or inner sound, and refers to the power which in the Bible is called the Word or Logos. Shabad Yoga is similar to the basic spiritual teachings of the Bible. This book, first published in 1963, gives an explanation of many vital Bible truths as taught by the spiritual masters of the Orient.***

***Get the most out of your yoga workout! The Modern Yoga Bible details up-to-date yoga practices and techniques that increase flexibility and strength, relieve stress, and calm the mind. Inside you'll find a complete step-by-step guide to active flowing sequences (vinyasa flow yoga), slower, more restorative floor-based postures (yin yoga), and meditation. It's an enormous amount of instruction, including: • Advice for beginners as well as expert tips for yogis wishing to deepen their practice • An emphasis on newer poses and active flowiing sequences • Guidelines for combining poses to create your own complete and balanced home yoga practice • Guidance on how to modify poses to suit your individual needs and experience This exceptional book stands on its own, or works as the perfect complement to Christina Brown's original category bestseller, The Yoga Bible.***

***A unique hands-free, eye-level, step by step guide Beginner and intermediate programs Full range of sequences***

***Breathing Exercises Meditation techniques Modified programs for those less able***

***A Yoga Journal Book***

***The Yoga of Jesus***

***The Book of Yoga***

***The Classic Yoga Bible***

***Bible Study Guides and Copywork Book - (St. Matthew, St. Mark, St. Luke, St. John and the Book of Acts) - Memorize the***

***Bible: Bible Study Guides and Copywork Book - (St. Matthew, St. Mark, St. Luke, St. John and the Book of Acts) -***

***Memorize the Bible***

***The Importance and Value of Proper Bible Study***

***This book assists Christian yoga instructors and students in creating a Christian***

atmosphere for their classes. Choose from twenty-one lessons, each is a mini Bible study that will deepen the participants' walk with God. Each lesson contains a Scripture theme designed to facilitate meditation on God's Word. The Scripture verses are arranged progressively to facilitate an understanding of each Bible study topic. The Bible lessons will enhance the spiritual depth of your yoga class, and make it appropriate and desirable for Christian participants. Check your poses with photographs of over 60 yoga postures taken on the sugar white sands of the Emerald Coast of Florida. A detailed description of each pose is provided with full page photographs so postures are easily seen and replicated. "Scripture Yoga is a useful tool for teachers and students of Christian Yoga, written by an experienced instructor. Specific Bible verses are suggested, along with clear instructions, and beautiful photographs illustrating each pose. It is quite clear that users will discover their bodies as 'temples of the Holy Spirit' (1 Corinthians 6:15) under Susan Neal's wise tutelage." -THE REVERAND NANCY ROTH, author of Invitation to Christian Yoga

Insightful and heart-warming, this classic book is written for those who seek to know God better. It unfolds life-impacting, biblical truths and has been called a "soul-stirring celebration of the pleasures of knowing God."

The Book of Isaiah is very Rich with Metaphors and Similes, if you are in Love with them, or not; but, most Poor People are not: beCause the Metaphors are far too "Foggy" for them to Understand, which Means that they must Practice Reading all such Books, just to get a Good Understanding of them. At any rate, this Version of Isaiah is by far the Best in the World, and is Rated as "Extremely Good" by Well-Educated People. Therefore, it is a "must read" Book, if anyone is Interested in Actually Understanding the Bible. Most People are not; but, that is not a Problem: because most People were not Born to be Masters. Indeed, most were Born to be Good Servants of Good Masters, which is Good: because the Masters are like the Head of the Body of Good Government, which Body must have many other Working Parts and Organs, just to Function Correctly as a Body. Therefore, do not let the Hands Despise the Eyes: beCause, what could the Hands Do without Eyes to Guide them, even if the Eyes belong to some other Person, who can See what is Needed. We suggest that Readers

*of this Inspired Book take their Sweet Time, and read only a few Chapters each Day, and do not attempt to read the entire Book during one Day, even though it will be Tempting to Finish it, quickly, just to Discover those Precious Parts that make it so Famous and Controversial among Religious Scholars, some of whom are very Perplexed by it: because no one can Rightly Deny that God, himself, is Speaking through "Isaiah," who may have been Reincarnated! Indeed, there is the Possibility of it; but, do not let that "Buck you Out of the Saddle," as a Cowboy might say. Remember that this is a Companion Book of: "The New MAGNIFIED Version of The Book of MOORMUN!" (The Story of the White and Dark Indians in the Americas!), Book 040, which is perhaps the Best Modern Book in the whole World! Yes, unlike the Mutilated Bible, the Book of Mormon is much more Understandable, being "a New Revelation from God," you might say; but, it is nothing quite as Enlightening as the New MAGNIFIED Version, which most Definitely contains New Revelations from the Supreme Ruler of this Heaven and Earth. Therefore, do not let the Sun Set on another Day of Deprivation; but, PLEASE, for your own Sake, Educate yourself with all such Good Books: because that is True Wisdom on your part, which will make you Glad that you did. Guaranteed!*

*The Gospels and Acts are composed of writings from St. Matthew, St. Mark, St. Luke, St. John and the Book of Acts. The purpose of which is to give you the spiritual lens that will enable you to see clearly what you fail to see using your physical lens. As you read this collection, try to see the three spiritual themes to it. Get a copy today.*

*The Yoga Sutras of Patanjali*

*The Yoga Bible for Beginners*

*Modern Methods Based on Traditional Teachings of Human Structure and Function*

*The Yoga Bible*

*Expositor 's Bible: The Book of Ecclesiastes*

*Let Yahshua Rock Your World*

*This book is laden with POWERFUL PRECIOUS DECLARATIONS which can be taken [applied] like medicine. SPEAK it as prescribed several times a day over situations, crisis, circumstances, challenges, turmoil, doubt, fear, sickness and so on. God spoke everything into being & we are made in his image, hence we also have the power to*

DECREE, DECLARE & ORDAIN and supernaturally take charge by SPEAKING OVER everything or anything facing us. All we need do is believe! This book is for those willing and ready to take charge of their lives, their living and be TRANSFORMED through the POWERFUL declaration of SPOKEN words! This book will set you free in the name of Jesus. All you have to do is believe!

Yoga is a practical aid, not a religion. Yogais an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment. This is a simple definition. The practice of yoga makes the body strong and flexible, it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind. In the practice of Yoga the ultimate aim is one of self-development and self-realization. Think of this practice as being the means and tools to realign and rebalance your vehicle (body) on a regular basis. You take control and you can then become your body mechanic instead of having to pay someone else to do it (medical professionals). Because your body is finely tuned you will find that your chances for injuries and illnesses will drop as you are in a much more attuned state. You don't want for something major to happen to you before you decide to do something about it. That's reactive behavior and that's going to set you back big time, all you have to do is take action now Yoga is Easy to do. With changing times and increasing pollution, the bodies of women are also changing. Puberty, menopause, pregnancy, stress, thyroid, PCOs, obesity and stress-women have to deal so much and many more. As a beginner, often we equate yoga with some tough, limb-twisting poses. And aren't you sometimes concerned that: "I can't even touch my toes, how can I do yoga?" Yoga is not about touching your toes, or stretching 98 degrees to your northeast. It's a simple process of uniting with yourself - using your breath, body and mind. And it's easy and effortless. So, never mind if you're not Ms. Flexible or Mr. Stretchable, or are venturing into yoga at the age of 40, or you have secret love handles that are stressing you out - just remove all those myths before beginning your yoga practice! The only one watching you is yourself - so just relax. This journey will bring much joy and relaxation to you! Prevention and care is by far the best medicine there is. It all comes down to balance.

Discover why Robert Downey Jr, Jennifer Aniston, and Russel Brand all set aside time off their busy schedules to engage in the life-changing practice of Yoga. Do you sometimes feel stressed, anxious, lonely and depressed? Are you always up in your head, constantly dwelling on the past and worrying about the future? Do you want to live a more productive, stress-free and happier life? If so, then you've come to the right place. With The Yoga Beginner's Bible, you will embark on an inner journey that will take you back to the state of peace, joy and happiness you were born to inhabit. From the outside yoga can seem like an esoteric, mystical endeavor exclusively reserved to Tibetan monks and spiritual adepts. This could not be further from the truth. Yoga is not only accessible to

anyone, it is easy to learn if you have the right mindset and the benefits are only a few minutes away. In fact, several studies have conformed that a single yoga class for inpatients at a psychiatric hospital had the ability to significantly reduce tension, anxiety, depression, anger, hostility, and fatigue. The Yoga Beginner's Bible will teach you: The top 30 poses you must know as a beginner What Yoga really is How to turn Yoga into a habit How to Meditate The Benefits of Yoga And Much more! If your yoga efforts have been frustrating in the past, don't worry. This book will take you by the hand and show you step-by-step how to develop a life-changing yoga practice. This book will tell you everything you need to know about yoga so that you can get started right away! Don't hesitate. To start on a journey that could deeply transform how you relate to your world, scroll up and grab your copy right now. Check out some of the testimonials below: "Fantastic book for anyone starting their yoga journey! The break down is for each pose is perfect, easy to understand and follow along with. The chapters on mediation are great also. It goes through all the poses and the benefits as well has how to achieve them. Two thumbs up!!!!!!" "The Yoga Bible is a definitive, complete manual for rehearsing yoga and finding a mental and physical equalization in life." - SCROLL UP AND CLICK THE ORANGE BUTTON NOW!

"Contains selected excerpts from Paramahansa Yogananda's book "The Second Coming of Christ: The Resurrection of the Christ Within You," which book is a commentary on the New Testament gospels and noncanonical source material, focusing on the quest to uncover the original teachings of Jesus"--Provided by publisher.

2,100 Asanas

The Modern Yoga Bible

Yoga for Beginners

50 Poses for Stretching, Flexibility, Strength and Posture

The Yoga Beginner's Bible

The Yoga Bible Beginner Level Volume - I

Bible study notes and commentary on the Old Testament book of Judges, with explanation and practical applications

Designed for diligent Bible students, including teachers and preachers. Written from the conservative viewpoint of the

Bible as the absolute, inerrant, verbally inspired word of God. Topics discussed include: \* Sin and punishment of the

of Israel \* God's mercy on those who repent \* Lives of Gideon, Jephthah, Deborah, Barak, Samson, and other judges

Danger of idolatry and immorality

The definitive work by B.K.S. Iyengar, the world's most respected yoga teacher.

Improve Your Health With Yoga Learn why successful people like Beyoncé, Ryan Gosling, and Arianna Huffington all

practice yoga! Get access to 30 yoga poses with step-by-step instructions to develop your own yoga practice. Do you feel stressed, tense, or even anxious? Would you like to live a healthier and happier life instead? Now you can! 'The Yoga Bible For Beginners' will allow you to reconnect with your deepest self again, so you can experience deep joy, contentment, and inner peace. Get Your Copy of 'The Yoga Bible For Beginners' Moreover, yoga has been shown to alleviate symptoms of: - Back pain - Scoliosis - Fibromyalgia - Heart disease - Stress As well as help to: - Become more flexible - Normalize blood pressure, and - Lose weight And that's just the tip of the iceberg! Get Your Hands on 'The Yoga Bible For Beginners' According to a recent study, the number of Americans that practice yoga regularly has grown from 20.4 million in 2012 to a staggering 36 million in 2016! And that number has likely only increased since then. This many people can't be wrong! In today's world, we are constantly stimulated and tempted to keep up with Joneses. As a result, many people have lost their connection between their mind and body. Sound familiar? Yoga can help restore this balance. For example, one study showed that yoga - even when practiced for the very first time! - can lower cortisol levels, a stress hormone. Why You Should Get 'The Yoga Bible For Beginners' In this book, I will take you by the hand. I'll teach you how you can: - develop your own yoga practice in the safety of your own home, and - take back control of your health and happiness. Here's What You Will Learn: - What is Yoga? - The Health Benefits of Yoga - How to Perform a Yoga Pose Correctly - 30 Yoga Poses (Beginner, Intermediate, Advanced, and Expert) - The Foundation of a Yoga Practice: Breath Awareness and Relaxation - How to Make Yoga a Lifestyle - The Eight Limbs of Yoga - How to Meditate - And Much More! And as a FREE BONUS, you'll also receive: - Bonus 1: a list of the most common yoga mistakes: how can you avoid them? - Bonus 2: a script inside that you can use to record your own yoga practice and relaxation. If you apply what you will learn in 'The Yoga Bible For Beginners', your life will never be the same. So, take action now! Grab your mat and get ready for your first pose! Let's get started, shall we? Take action now! Scroll to the top of this page and click the Buy Now button.

Scientific principles and evidence have demystified so much of the practice. It is impossible to deny the benefits of yoga on every system in the body. Delve into the science behind your favorite yoga poses with this easy-to-understand, comprehensive guide. In this Book Yoga Poses, you will discover: - Basic anatomy - Bones - Skeletal systems - Vertebral column - Ribs - Leg and foot bones - Pelvic girdle - Arm and hand bones - Cranium - Muscles And so much more! You can achieve true excellence in your practice and optimize the benefits of yoga on your body and mind. It also makes a fantastic gift for yourself in your life. Get your copy today!

Light on Yoga  
Desiring God  
Gp Yoga Bible

## The Definitive Guide to Yoga Postures

### 30 Essential Illustrated Poses for Better Health, Stress Relief and Weight Loss

#### A Yoga Bible with Different Poses and Postures for Stress Relief and Weight Loss

This Torah-based book will help clarify your understanding of the Messiah's Truth from a Hebraic perspective.

This fully-illustrated New York Times bestseller categorizes an astonishing 2,100 yoga poses through photographs and descriptions for optimal benefit including adaptations for all levels of expertise and ages. A thoughtful, inspiring, meticulously-crafted guide to the practice of yoga, 2,100 Asanas will explore hundreds of familiar poses along with modified versions designed to bring more healthful options to yogis of all experience and ability. Organized into eight sections for the major types of poses -- standing, seated, core, quadruped, inversions, prone, supine and backbends -- and each section gently progresses from easy to more challenging. Each pose is accompanied by the name of the pose in English and Sanskrit, the Drishti point (eye gaze), the chakras affected and primary benefits. Yoga therapy holds the key to effectively addressing stress and lifestyle diseases. Conventional medicine is useful for alleviating symptoms, but yoga therapy that is grounded in traditional theory identifies and addresses causes deeper than the physical body. Yoga therapy practices build resistance to stress and increase resilience. Kazuo Keishin Kimura is a Raja Yoga Acharya who has devoted himself to making traditional yogic wisdom accessible in Japan. With this English translation of his book, he hopes to contribute internationally to yoga therapy's development as a respected modality. In this book, Kimura points out how traditional yoga theory is missing from modern-day yoga instruction. He then explains traditional yoga's view of the mind-body complex as five koshas (sheaths), each with specific functions and attributes. Just as medical doctors examine patients before deciding on treatment, yoga therapists must obtain informed consent and assess the conditions of all koshas. Understanding yoga's horse-drawn chariot metaphor for human structure and function is also helpful to see beyond symptoms and to identify root causes of disease. Kimura skillfully guides readers to understand these two theories of human structure and function, and illustrates how they can be incorporated into both yoga therapy assessment and practice.

Precious Medicine

The Bible Unveiled

Modern Yoga Bible

30 Essential Illustrated Poses For Better Health, Stress Relief and Weight Loss

Meditations of a Christian Hedonist