



DOWNLOAD



## Yoga Practice Journal

By W Fitz-Simon

Dedo Press. Paperback. Book Condition: New. B Hulanicki (illustrator). Paperback. 204 pages. Dimensions: 9.1in. x 7.4in. x 0.6in. This yoga home practice journal by long-time yoga teacher and practitioner Witold Fitz-Simon is beautifully illustrated with paintings and drawings by internationally renowned designer and creator of BIBA, Barbara Hulanicki. It includes: detailed journal pages to organize your practice; self-assessment questionnaires to record your progress; motivational strategies; asana practice guidelines with detailed lists and syllabuses of poses appropriate for different levels; pranayama guidelines; meditation techniques; a breakdown of key aspects of yoga philosophy, and more. Unlike anything else on the market today, the Yoga Practice Journal provides a touchstone for the dedicated yoga practitioner to help them explore and develop their journey along their spiritual path. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



READ ONLINE

[ 5.66 MB ]

### Reviews

*The most effective ebook i possibly read. it was actually writtern quite completely and useful. I am just very happy to tell you that here is the best publication we have read through during my individual daily life and could be he greatest publication for possibly.*

-- **Kennith Nicolas**

*It in one of the most popular book. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Camylle Larson**