



Yogaband: An Exciting and Challenging New Yoga Workout

By Lisa M. Wolfe

Wish Publishing. Paperback. Book Condition: new. BRAND NEW, *Yogaband: An Exciting and Challenging New Yoga Workout*, Lisa M. Wolfe, After a time the body stops responding to the same exercises in the same way. 'YogaBand' combines yoga poses with an exercise resistance band to increase the strengthening portions of a yoga workout.



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