



Rajashree's Pregnancy Yoga

By Rajashree Choudhury

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Rajashree's Pregnancy Yoga is a unique and complete learning experience. It includes both a DVD and an audio CD. The DVD allows you to see the entire series of postures practiced by Rajashree and students at different stages of pregnancy. Through Rajashree's commentary, you learn about the postures and how to perform them correctly. It's like being in a class led by Rajashree herself.

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Rajashree's Pregnancy Yoga By Rajashree Choudhury Bibliography

- Sales Rank: #795573 in Books
- Published on: 2006
- Number of items: 1
- Dimensions: 7.50" h x .50" w x 5.50" l, .26 pounds
- Running time: 60 minutes
- Binding: Audio CD

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