



# 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.



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## Reviews

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-- **Prof. Lois Cormier II**

## Relevant Books

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### [The Parable of the Talents](#)

Concordia Publishing House. Paperback. Book Condition: New. Paperback. 16 pages. Ages: 5 - 9 Grades: Kindergarten - 4 This book retells Jesus parable of the Talents (Matthew 25: 14-30 and Luke 19: 12-27). The Arch Book series tells popular Bible stories through...

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### [NIV Outreach Bible](#)

Biblica. Paperback. Book Condition: New. Paperback. 1344 pages. Dimensions: 8.4in. x 5.6in. x 2.5in.This low-cost New International Readers Version Bible (NIV) is affordably priced for giving away, and is a very effective translation for children, those reading English as a second language...

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### [Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large](#)

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...

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### [Too Old for Motor Racing: A Short Story in Case I Didn't Live Long Enough to Finish Writing a Longer One](#)

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...

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### [Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values](#)

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...

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### [Shepherds Hey, Bfms 16: Study Score](#)

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 22 pages. Dimensions: 9.4in. x 7.1in. x 0.0in.Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English Folk-Song Society soon after his arrival in...

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