

# Mi guía de yoga

*Teoría y práctica, paso a paso*

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CD  
con 3 secuencias  
guiadas, una práctica  
de respiración y  
una relajación  
profunda



Gloria Rosales  
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LA VOZ DE HELIOS  
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# Mi Guia De Yoga Cd La Voz De Helios

**Sabine Zange**



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