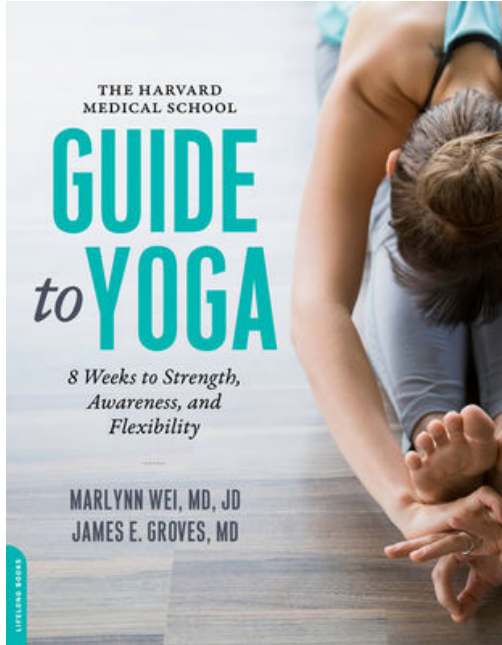


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## An Easy, Accessible Yoga Program for Health & Wellness

Are you looking for a new health practice to enhance your day-to-day routines? Have you been interested in trying out yoga, but are too intimidated by the seemingly fancy and challenging poses? *The Harvard Medical School Guide to Yoga* is your guide to the true healing heart of yoga, sharing the techniques that Marlynn Wei and James Groves have used to tremendous success with their clients. In this simple, science-based eight-week program, you'll learn about the countless benefits of this proven practice, including:

Increased flexibility and balance  
Greater muscle and bone strength  
Improved sleep  
Better stress management and resilience  
Strengthened immune system  
Enriched brain health  
And much more!

Complete with illustrations, dozens of yoga breathing and meditation techniques, adaptable sequences, and principles of yoga safety, *The Harvard Medical School Guide to Yoga* will guide you to health and wellness.

**Title** : The Harvard Medical School Guide to Yoga  
**Author** : Marlynn Wei, M.D. & James E. Groves M.D.  
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