



# Yoga Schmoga- A Regular Guy's Guide to Yoga Fitness and Fun

*William Bernal*

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## **Yoga Schmoga- A Regular Guy's Guide to Yoga Fitness and Fun** William Bernal

This is the Yoga primer that Regular Guys (hereafter referred to as RG's) everywhere have absolutely NOT been waiting for but...What the hell...It's here so why not get in the game and have some fun while we're at it?

If you've never, ever, EVER considered giving Yoga a shot then this is the guide for you.

Deliciously direct and devoid of nonsense this painless primer will get you moving on the path to good health the Yoga way.

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