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Judul:
Step-by-step yoga for conception, pregnancy, birth and beyond : strengthening sequences for each stage of pregnancy and early motherhood, to help tone, align and relax your body, with more than 550 photographs

Pengarang/Penulis:
Barbira-Freedman, Francoise, author

Subjek:
Hatha yoga ; Exercise for pregnant women ; Postnatal exercise

Nomor Panggil:
181.45 BAR s

Penerbitan:
Lorenz Books, an imprint of Anness Publishing

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