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# YOGA FOR CLIMBERS: STRETCH, STRENGTHEN, AND CLIMB HIGHER



Mountaineers Books, United States, 2016. Paperback. Book Condition: New. 180 x 137 mm. Language: English . Brand New Book. Yoga for Climbers will show you how to create a yoga practice at home that will keep you healthy, prevent injuries, and support and improve your outdoor passions. Features easy-to-understand yoga poses and sequences designed to address the specific stresses that climbing enact on the body. Through a simple and accessible approach to physical poses and breathing practices, climbers learn ways...

## Download PDF Yoga for Climbers: Stretch, Strengthen, and Climb Higher

- Authored by Nicole Tsong
- Released at 2016



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