

**Yoga Cures: Simple Routines To Conquer More Than
50 Common Ailments And Live Pain-Free By Tara
Stiles**

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Summary: Stiles, Tara is the author of Yoga Cures : Simple Routines to Conquer More Than 50 Common Ailments and Live Pain-Free, published 2012 under ISBN

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May 08, 2012 Jane Fonda and Yoga Instructor Tara Stiles, of Tara's new book Yoga Cures: Simple Routines to Conquer More Than 50 Common Ailments and Live Pain

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