



# Yoga for Fat Guys: From Lumpy to Limber in Just Six Weeks

*John J. Gillies*

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## **Yoga for Fat Guys: From Lumpy to Limber in Just Six Weeks** John J. Gillies

A yoga book for beginners with special emphasis for people who are overweight, sedentary or both. The book features simple line drawings, straightforward instruction and a simple plan for regaining your flexibility and mobility.

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