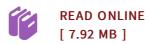




The Little Book of Yoga

By Nora Isaacs

Chronicle Books. Hardback. Book Condition: new. BRAND NEW, The Little Book of Yoga, Nora Isaacs, Yoga, the ancient mindbody practice, is booming in popularity, but there's no attractively packaged overview for the mainstream enthusiast. Introducing The Little Book of Yoga. This petite hardcover presents all the basics for yoga lovers of every interest and skill level, beginner or advanced, committed or just curious. The contents, broken into five sections for a customisable reading experience, include illustrated pose instructions and practical wisdom that yields rewards on and off the mat. Authoritative yet approachable, compact yet robust, it's a timely offering for a practice that continues to grow. Fans will recognise it as the only fundamental yoga book and gift givers will rejoice in finding the perfect present for the yogi in their life.



Reviews

A brand new e-book with a brand new standpoint. it was actually writtern extremely properly and valuable. I am just quickly can get a pleasure of looking at a published ebook.

-- Prof. Garett Schmitt

Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.

-- Shayne O'Conner