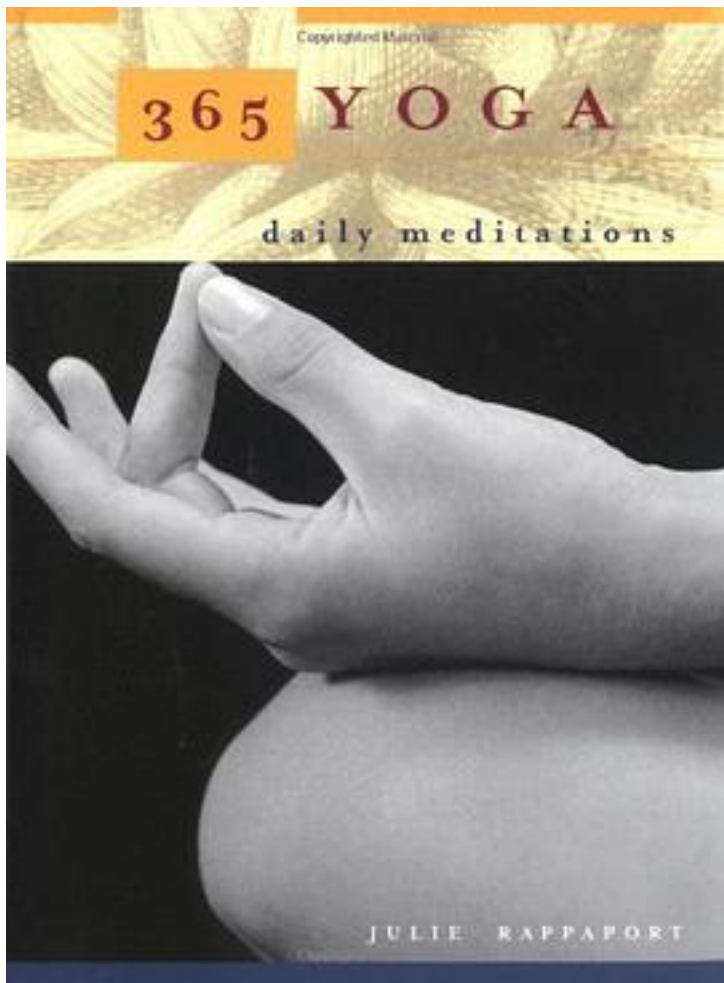


# 365 Yoga



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著者:Rappaport, Julie

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This beautifully designed book invites readers to discover the rich tradition of yoga through single pieces of wisdom - one for each day of the year. Filled with thought

provoking and inspiring quotations from the greatest yogic texts and yoga teachers throughout history as well as invaluable instruction on specific poses it is an essential resource and companion for anyone who practices yoga. A celebration of the powerful ancient practice that is yoga this book guides readers - day by day - through centuries of yogic philosophy. 365 YOGA infuses yoga practice with a deeper understanding of the intricate connection of mind body and spirit.

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