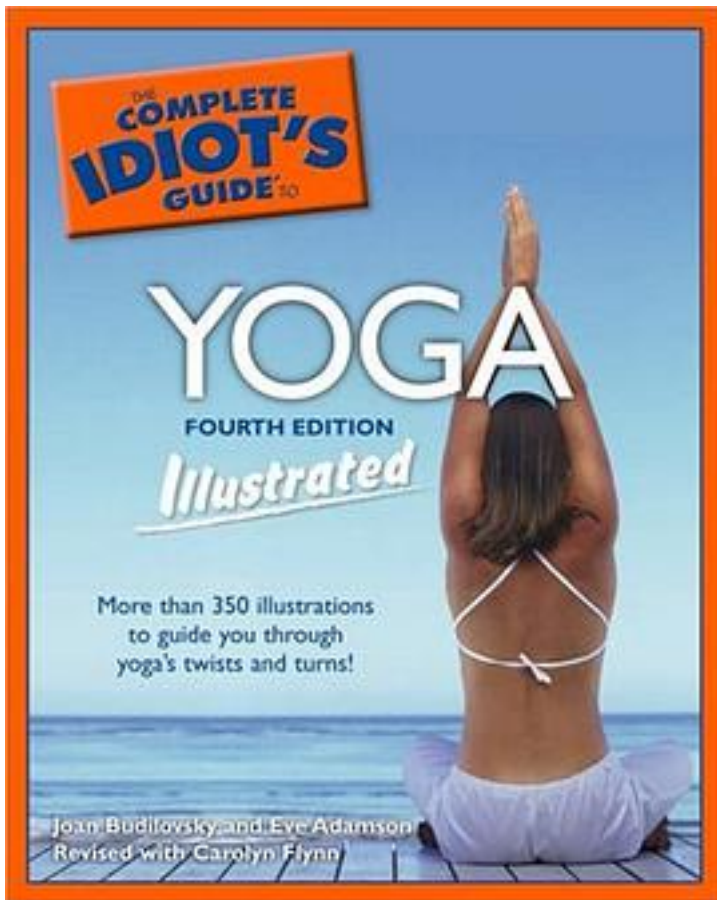


The Complete Idiot's Guide to Yoga Illustrated, 4th Edition



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Completely restructured to focus more on the how-to components of yoga, this step-by-step guide replaces photos with all-new two-color line illustrations that not

only show readers what the various yoga postures look like, but how to get in and out of them easily and painlessly. Non- intimidating and easy-to-follow exercises show readers just how fun and relaxing yoga can be.

作者介绍:

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