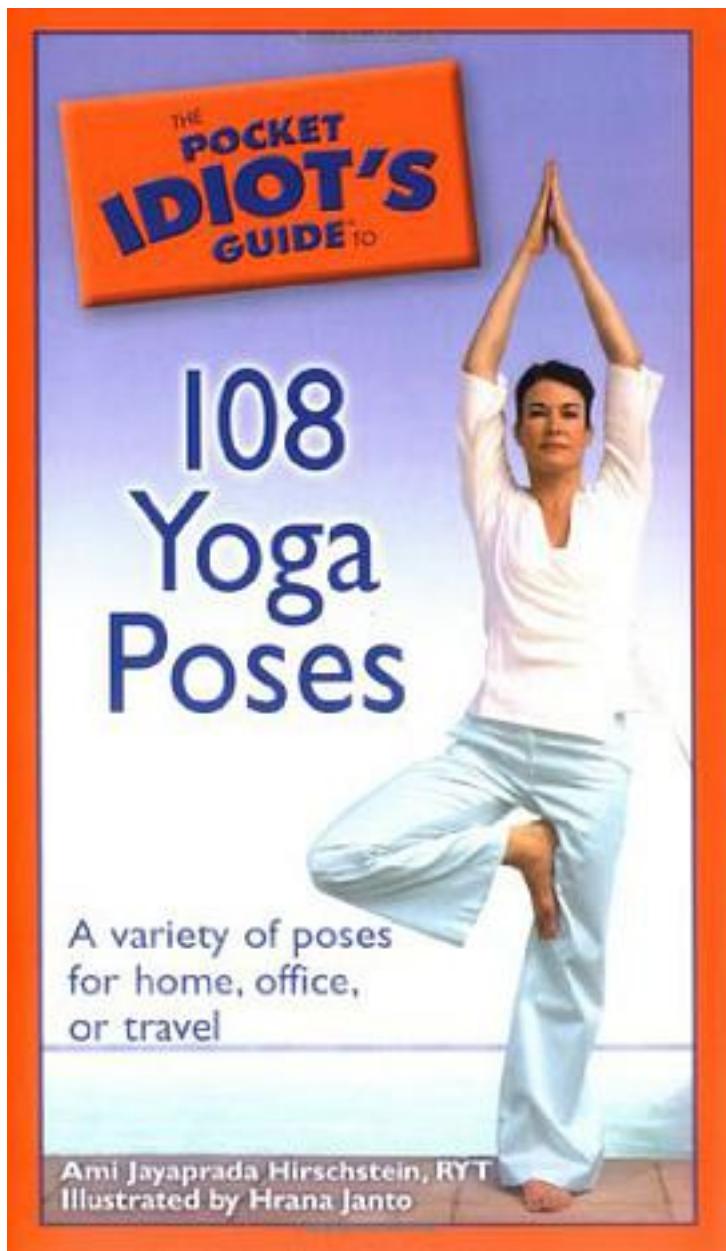


The Pocket Idiot's Guide to 108 Yoga Poses



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Don't just sit there!

Yoga can be practiced anywhere, but no one wants to lug around a full-sized, soup-to-nuts book. The solution: a book of poses and a few routines to enable one to practice at work, on a business trip, or while vacationing.

- Includes more than 108 illustrated yoga poses for home, office, and travel, with concise explanations for what each pose achieves
- In India, 108 is considered a sacred number
- Features routines that utilize the poses
- ABC News reports that 16.5 million Americans practice yoga—an increase of 43% since 2002
- Medical practitioners are now using yoga as a therapeutic tool to deal with carpal tunnel syndrome and other repetitive stress injuries

作者介绍:

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