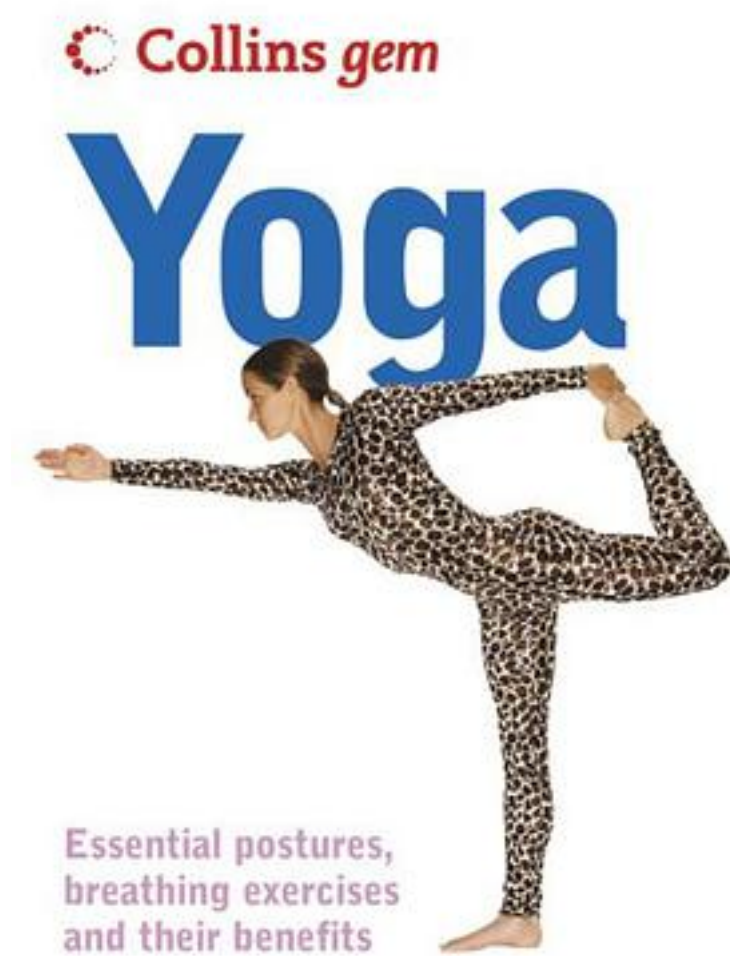


Collins Gem Yoga



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A practical introduction to hatha yoga. Clear, illustrated step-by-step instructions

tomore than40 key postures. Benefits and cautions are highlighted for each posture. Collins Gem Yoga provides a good introduction to yoga, particularly for those thinking of taking up a class. It is also an invaluable reference book for those attending classes and who wish to practice the postures at home. Includes more than 40 postures, describes breathing techniques, andgives a history of yoga.

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