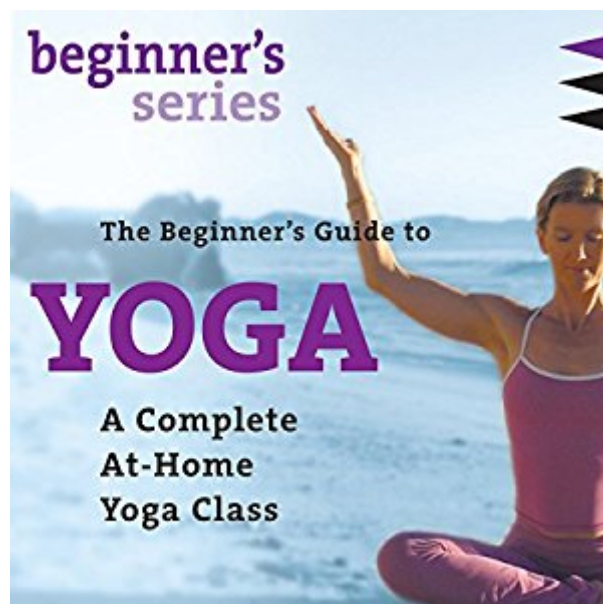


The book was found

The Beginner's Guide To Yoga



Synopsis

With more than 20 million practitioners in the United States alone, yoga is more popular than ever. For those interested in starting a practice of their own but hesitant about attending a class, Shiva Rea presents *The Beginner's Guide to Yoga*, the perfect introduction to hatha yoga. Complete with a 60-minute guided session with yoga basics and simple poses, here is an easily accessible how-to program from one of the world's most respected yoga teachers.

Book Information

Audible Audio Edition

Listening Length: 1 hour and 18 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: November 18, 2014

Language: English

ASIN: B00PURPHCO

Best Sellers Rank: #182 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #2105 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult #2603 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

I use the Lunar yoga every evening before retiring. It is incredibly relaxing...especially the first 2 lunar tracks. I wasn't sure if I would like having yoga on a CD but am now glad I purchased it. I love simply listening to a soft voice and music (rather than having to watch a video) just before retiring. The beginner's series is easier than Yoga Sanctuary but both are excellent.

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