



## Little Book of Yoga (Hardback)

By Nora Isaacs

CHRONICLE BOOKS, United States, 2014. Hardback. Condition: New. Language: English . Brand New Book. Yoga, the ancient mind-body practice, is booming in popularity, but there s no attractively packaged overview for the mainstream enthusiast. Introducing The Little Book of Yoga. This petite hardcover presents all the basics for yoga lovers of every interest and skill level, beginner or advanced, committed or just curious. The contents, broken into five sections for a customisable reading experience, include illustrated pose instructions and practical wisdom that yields rewards on and off the mat. Authoritative yet approachable, compact yet robust, it s a timely offering for a practice that continues to grow. Fans will recognise it as the only fundamental yoga book and gift givers will rejoice in finding the perfect present for the yogi in their life.



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