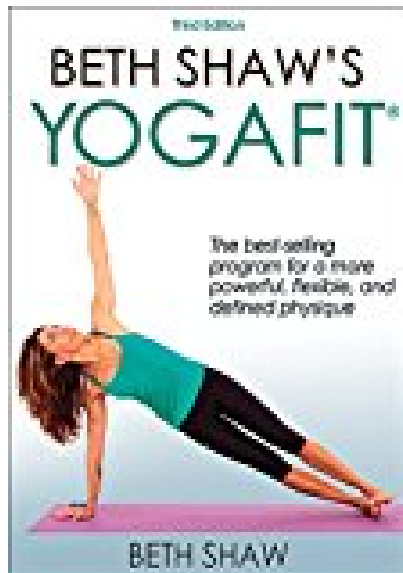


Beth Shaws YogaFit 3rd Edition



BOOK DETAILS

- Author : Beth Shaw
- Pages : 336 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1492507407



BOOK SYNOPSIS

This highly acclaimed book now includes more than 800 full-color photos and extensive coverage of warm-up and cool-down sequences, new poses incorporated into organized workouts, a chapter on the therapeutic and restorative qualities of yoga, and an expanded discussion on integrating meditation into daily life to foster a well-rounded yoga practice.

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