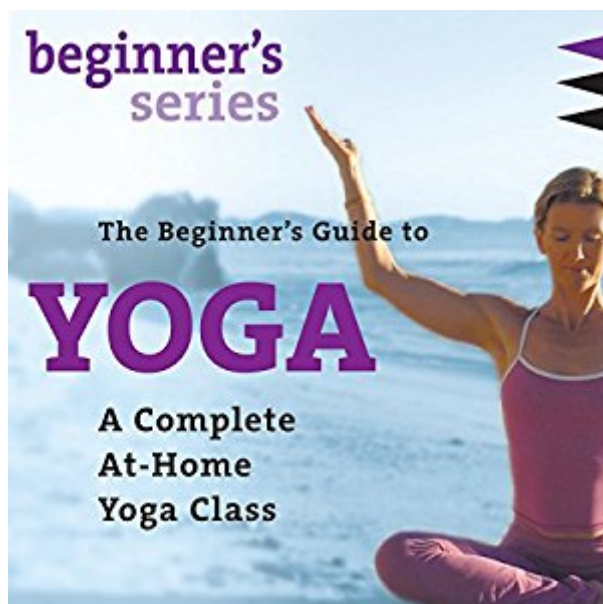


The book was found

# 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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