

ANATOMY OF FITNESS



YOGA



Yoga is more than just an excellent form of exercise: it is also a spiritual and mental practice that can improve your mental outlook. *Anatomy of Fitness: Yoga* shows you how to build your strength and flexibility while improving your concentration and willpower.

Anatomy of Fitness: Yoga includes: a comprehensive introduction to yoga; over 65 essential step-by-step yoga poses; and a range of different yoga sequences ranging from easy to intense, including the Salutation to the Sun, so anyone can tailor a program to suit their fitness requirements.

This user-friendly 192-page book features:

- Detailed, comprehensively labeled anatomical illustrations of the muscles used in each pose
- Clear guidance on the correct form and what to avoid to ensure you'll be working effectively and safely
- Variations on many poses to simplify or increase the challenge
- A complete glossary of yoga terms

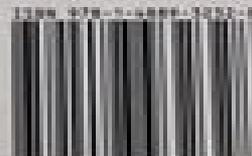
Improve core function, look fitter and trimmer, and build flexibility, strength, and endurance with *Anatomy of Fitness: Yoga!*



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