



## The Yoga Bible

By Christina Brown

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Featuring over 150 yogic postures from the main schools of yoga, including Iyengar and Astanga Vinyasa, this book is a comprehensive illustrated step-by-step guide to achieving each posture. It offers advice on altering postures where necessary, enabling beginners to try more difficult positions. Experienced yoga practitioners will also find a number of challenging, advanced positions--perfect inspiration for developing their practice. In addition to postures, the book includes notes on various types of yoga practices as well as a summary of well-known traditional schools of yoga and how they vary. Readers will also find advice from the author on breathing techniques and the benefits of yoga in healing, pregnancy, de-stressing and meditation.

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### **Editorial Review**

#### **About the Author**

Christina Brown lives and breathes the philosophy of a natural life. A long-time yoga and complementary medicine practitioner, she has studied and taught yoga internationally. She runs Yoga Source in Sydney, Australia, where she also conducts workshops on Ayurveda and Anti-Aging Facial Yoga.

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