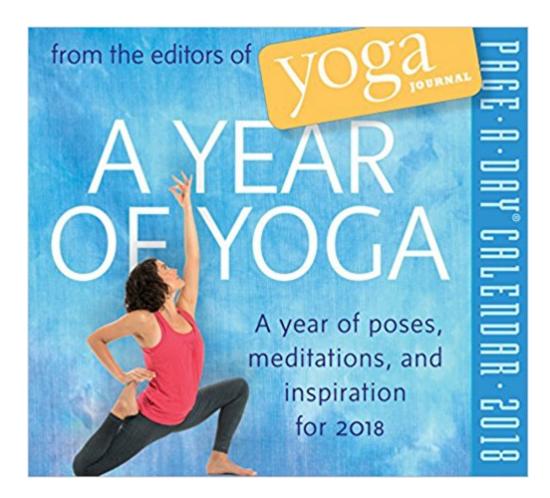


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A Year Of Yoga Page-A-Day Calendar 2018





Synopsis

A useful, inspirational calendar for new and experienced yogis alike, from the expert editors of Yoga Journal. Each week, A Year of Yoga Page-A-Day Calendar introduces a new pose, with step-by-step instructions and original photography $\tilde{A}\phi \hat{a} \ \neg \hat{a}$ •like the heart-opening Ustrasana, or Camel Pose, and the leg-strengthening Utkatasana, or Chair Pose $\tilde{A}\phi \hat{a} \ \neg \hat{a}$ •as well as tips on how to modify and deepen the stretches in new ways. With inspiring quotes and tips on self-care throughout (like abhyanga, or oil massage, to promote detoxification and circulation), a year of mental, physical, and spiritual renewal lies ahead. In fact, even pausing during a busy day to consider a yoga posture or philosophical insight is in itself a form of respite. \tilde{A}

Book Information

Calendar: 320 pages Publisher: Workman Publishing Company; Box Pag edition (August 3, 2017) Language: English ISBN-10: 1523501766 ISBN-13: 978-1523501762 Product Dimensions: 6.1 x 1.4 x 5.5 inches Shipping Weight: 12.6 ounces (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars 1 customer review Best Sellers Rank: #56,756 in Books (See Top 100 in Books) #3 inà Â Books > Calendars > Diet & Health #182 inà Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

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