



## The Pocket Idiot's Guide to 108 Yoga Poses

By Ami Jayaprada Hirschstein, Hrana Janto

Dorling Kindersley Ltd. Paperback / softback. Book Condition: new. BRAND NEW, The Pocket Idiot's Guide to 108 Yoga Poses, Ami Jayaprada Hirschstein, Hrana Janto, "Don't just sit there!" Yoga can be practiced anywhere, but no one wants to lug around a full-sized, soup-to-nuts book. The solution: a book of poses and a few routines to enable one to practice at work, on a business trip, or while vacationing. Includes more than 108 illustrated yoga poses for home, office, and travel, with concise explanations for what each pose achieves In India, 108 is considered a sacred number Features routines that utilize the poses "ABC News" reports that 16.5 million Americans practice yogaan increase of 43% since 2002 Medical practitioners are now using yoga as a therapeutic tool to deal with carpal tunnel syndrome and other repetitive stress injuries".



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