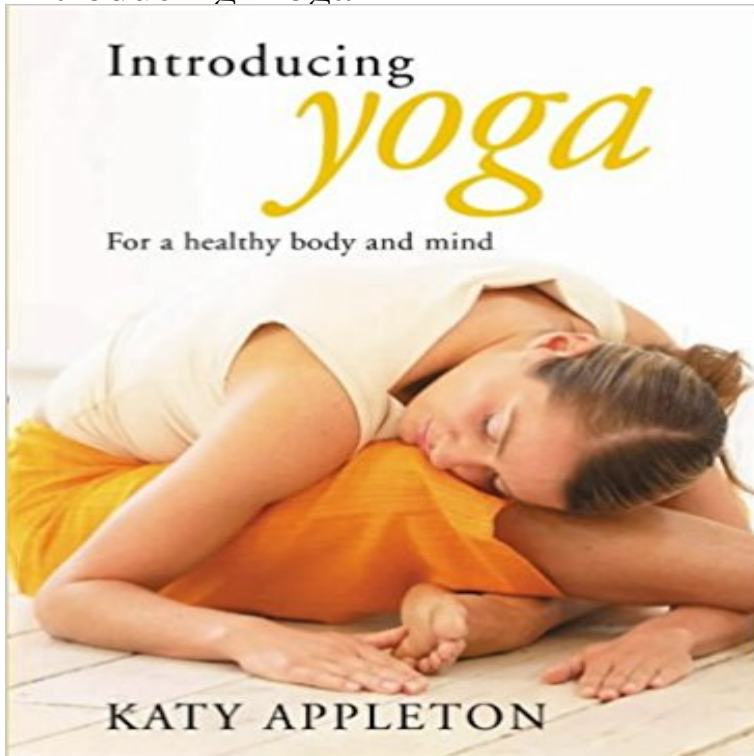


Introducing Yoga



This is an introduction to yoga by Geri Halliwells personal teacher, Katy Appleton, in which she shares her approach to yoga - one designed to be fitted into busy lives. Suitable for beginners as well as the more advanced, this book shows how to use yoga to energize yourself when you need it and relax when youre feeling wired, as well as giving lots of tips on dealing with stress - all while working the body for a more flexible and streamlined figure. It includes yoga breathing, warming up exercises, the sun sequence, specific postures that will benefit different parts of the body, and simple, rewarding workouts that can be used in a variety of situations during the day.

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