



The Women's Health Big Book of Yoga: The Essential Guide to Complete Mind/Body Fitness

Kathryn Budig

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From *Women's Health* contributor and yoga expert Kathryn Budig-the essential, authoritative guide to yoga, for beginners and beyond.

Approximately 16 millions Americans now practice yoga on a regular basis. Devotees can't rave enough about this ancient art of meditation, breathing, and physical postures that calms the mind and slims the body. Unlike fitness fads, yoga is worth the hype. The postures stretch and tone lean muscle mass and sculpt a strong and slender physique-burning up to 400 calories in a 90-minute session. But yoga does something even better. It's proven to reduce the biggest cause of weight gain-stress-which 43% of Americans say makes them overeater.

This definitive volume features:

- every essential pose to help readers lose weight and transform their bodies
- Total Body Yoga: targeted workouts in 15 minutes or less
- core-strengthening routines for hotter, more satisfying sex
- a healthy, mindful eating plan centered around calming, cleansing foods

Covering everything from basic postures to relaxation techniques to avoiding common injuries, *The Women's Health Big Book of Yoga* is the only guide readers need to achieve their fittest, healthiest, happiest selves.

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